

Children's Edition: Christmas Kindness

Welcome back to the Harrington Hill Wellbeing Newsletter! This festive issue celebrates a special holiday treasure - Kindness. At Christmas, kindness warms hearts just like a cosy fire. Remember, sharing kind words and joyful moments makes the season brighter for everyone. Let's spread kindness this Christmas and feel the magic it brings!



Did you ever think about the reasons that we give each other gifts? We have been giving each others gifts forever! Researchers believe that cavemen gave presents like unusual shaped rocks or animal teeth to strengthen friendship and show their appreciation to others. Gifts allow people to express their feelings and build on relationships without having to say the words. The gift doesn't have to cost money, it just has to show . .



Holiday Peace: Soothing Children's Concerns

Question: "I can't sleep at night. I go to bed at 8pm, but I keep thinking about things that worry me. How can I stop these thoughts?" **From Adam, age 9.**

Answer:

Hi Adam! It's tough when bedtime thoughts keep buzzing like busy little elves. **Here's a festive tip:** before you snuggle into bed, try writing down your worries on a piece of paper. Imagine each worry is a snowflake, unique but melting away. Place this paper in a special 'Worry Box' or a Christmas envelope. To make your room a calm winter wonderland, play some gentle music or a sleep meditation – there are many soothing options online. A little lavender pillow spray can also work like a dream, helping you drift into peaceful, starry-night slumbers. Sweet dreams!

Being Kind Rocks!

A lovely idea is to paint messages on rocks and put them for people to find. You never know how much your message might brighten someone's day!



The Starfish Story

As an old man walked the beach at dawn, he noticed a girl ahead of him picking up starfish and flinging them into the sea. Finally catching up with the girl, he asked why she was doing this. She answered that the starfish would die if left until the morning sun.

"But the beach goes on for miles and there are millions of starfish," said the old man. "How can your effort make any difference?" The girl looked at the starfish in her hand, threw it safely into the waves and said, "it matters to that one!"

Random acts of kindness?

What about random acts of kindness, where you don't know the person?

It's not just about the happiness that you know you did something for someone else, but also knowing that kindness sets off chain of positive events. I was once in a supermarket, a lady I didn't know said that she thought my dress was pretty, I felt so happy to receive a compliment, when I was at the till I mentioned to the cashier I liked her nail polish, she had such a big smile and told me her daughter had painted them for her. Kindness spreads kindness!

Throw
KINDNESS
around like
CONFETTI!

Final Thought: A Christmas Wish of Kindness

As we wrap up this special holiday edition, here's a little Christmas wish for each of you.

This season, let's fill our hearts with kindness - like stockings stuffed with care and joy. Remember, a kind word, a small act of helping, or a smile can be the best gifts we give and receive. They cost nothing, yet mean everything. So, as the snowflakes gently fall and the lights twinkle bright, let's promise to be kind to others and ourselves. May your holidays be merry, your hearts be light, and your new year start with hope and delight.

Merry Christmas and a Happy New Year, everyone!