

Bolton

Together

# Winter Wellbeing







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# WELCOME

As winter settles in and the world outside becomes quieter, we invite you to take some time together to explore your feelings and thoughts through this wellbeing workbook.

Designed for children aged 6 to 10 and their parents, this workbook is a heartfelt space for connection, reflection, and warmth.

Each activity is an opportunity to share your experiences, whether through drawing, writing, or simply talking.

Together, you'll discover ways to support one another and nurture your wellbeing during this season.

# Creating safe and calm spaces





- Consider what things your child may find difficult in the Holiday period, lights, crowds, noise.
- Involve your child in decisions, what decorations or lights do they like the most or feel comfortable with?
- Think about changes to routine that may be distressing. Help your child prepare for changes to routine and try to keep some routines the same where possible, such as bed time.
- Consider having a room or space in the home that doesn't have decorations that can be used as a quiet space.



# Winter Scavenger Hunt

Sometimes it is hard to get motivated to go outside when it is cold. Having a bit of a hunt/competition can give your time outside purpose. You can make your own list, find one online or use the list below.

## WINTER SCAVENGER HUNT

☐ Pine Cone ☐ Icicle ☐ Squirrel ☐ Snow Shovel ☐ Twig ☐ Snowman ☐ Bare Tree ☐ Berries ☐ Animal Track ☐ Puddle ☐ Footprint ☐ Brown Leaf ☐ Bird ☐ Insect 



# Cosy Reads for the Holiday Season

Reading is a wonderful way to improve your mental well-being. Visiting your local library can help you discover new books that take your interest. Over the holidays, why not make some time to explore what your library has to offer.

If you're in the Bolton area, you can find more information about local libraries and their offerings at [www.bolton.gov.uk/libraries](http://www.bolton.gov.uk/libraries).

## Happy Reading!



## Local Libraries

- Blackrod
- Brightmet
- Bromley Cross
- Central
- Farnworth
- Harwood
- Farnworth
- Harwood
- High Street
- Horwich
- Little Lever
- Westhoughton

# Holiday Baking

*Treat yourself to an easy bake activity. It is fun to make with a friend or family member and also enjoyable to share. A good one is a microwave mug cake. There are plenty of ideas online and often they take less than 5 minutes. Here is one below:*

## Ingredients

20g/1¾oz unsalted butter/dairy-free spread

3 tbsp milk/dairy-free milk

¼ tsp vanilla extract (and you can add a tablespoon of cocoa powder if you want to make it chocolatey)

2 tbsp caster sugar/sugar

4 tbsp plain flour

¼ tsp baking powder



## Method

Set aside a good-sized, microwaveable mug to bake the cake in. Add the butter and milk to another microwaveable mug and microwave on high in 10 second increments, swirling the contents after each blast, until the butter is melted.

Stir in the vanilla (and cocoa powder), followed by the sugar then the flour, baking powder. Beat in the dry ingredients with a fork until there is a fairly smooth mixture. Scrape the mixture into the clean mug.

Put the mug in the centre of the microwave and cook for 1 minute on high (for an 800W microwave). If the sponge is firm to the touch, it is ready. If not, continue microwaving for 10 seconds at a time until cooked.

Top with sprinkles, ice-cream, jam or whatever you have to hand.

# Making time for Christmas stories and crafting your own stick man!

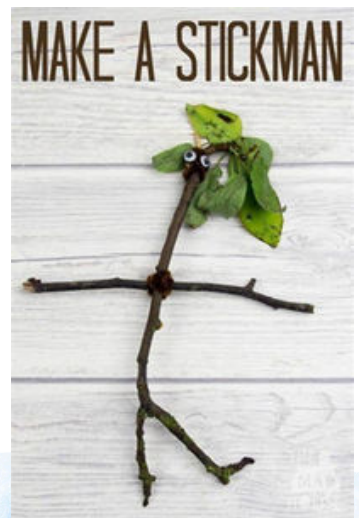
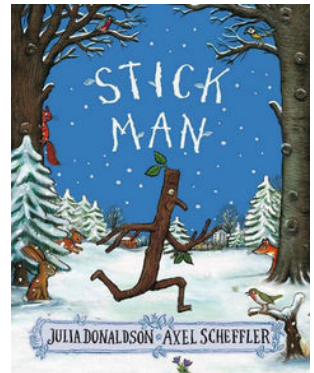
*Wrap up warm and go on an exciting winter walk adventure outdoors to find your perfect stick to create your very own stick man.*

*Then when you get home it's a great chance to cuddle up together, warm back up have a calming 5/10 minutes reading the story of the stick man.*

What you will need:

- Sticks
- String
- Stick on eyes
- Felt/fabric
- Stick man story book
- PDF version if you don't have the book - [Stick](#)

[Man By Julia Donaldson Pages 1-36 - Flip PDF](#)  
[Download | FlipHTML5](#)



# I Am Not Alone

Being creative is a great way to help with your emotions. Whether you're drawing, building, or making up stories, it lets you express how you're feeling, even if you don't have the right words. It can help you feel calmer, more focused, or just a bit happier. Creativity gives your feelings a way to shine and can make tricky days feel a little easier.

*Loneliness feels like an empty chair,  
A quiet room, with no one there.  
It whispers soft, "You're all alone,"  
But listen close—it's not your home.  
When lonely days feel cold and long,  
Try humming your favorite happy song.  
Write a story, draw a scene,  
Or dream of places you've never been.  
A book can bring a friend to you,  
With adventures fresh and stories new.  
A pet's soft cuddle, a call to a friend,  
Are tiny steps that help hearts mend.  
Look for someone feeling the same,  
Say hello—just start with a name.  
Loneliness shrinks when kindness grows,  
And soon you'll see where friendship flows.  
What else can help when you're feeling blue?  
What little light shines bright for you?*





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# Christmas Colouring



# Navigating Holiday Behaviours

With schools closed and children at home, they may crave your attention. When this need isn't met, they might express their feelings through challenging behaviours.

This can be quite frustrating, particularly when your own patience and emotions are tested. Here are some effective strategies to connect with your child, encouraging cooperation and open communication:

1. Clearly **describe** what you see or describe the issue.
2. Show **understanding** and **respect** for your child's struggles.
3. Avoid overwhelming them with too many questions.
4. When your child inquires, allow them the opportunity to explore the answer independently; explore this together.
5. Give your child the power to make choices.
6. **Share** your feelings and invite them to share theirs.
7. Avoid using emotional manipulation to control their behaviour.



# Managing Eating Around Christmas

*Christmas can be a difficult time of year for people who struggle with eating or with their body image. Christmas and the Holiday period can come with lots of changes in our routines around food, as well as added pressure to eat socially and then the pressures of dieting come the New Year.*

## Here are some top tips for how to help

- Agree the details of meals beforehand. Who will be there? What is being served? What time?
- It can be helpful to let friends and loved ones know if you are struggling, so they can be mindful of comments they make around food and eating.
- Try not to sit at the table after eating for too long, why not go and watch a film together or play a game.
- Plan ahead for social events and how food may be a factor.

If you are struggling and need to speak to someone about this topic, please contact [Beat](#) who have a range of support groups and a helpline for further advice.



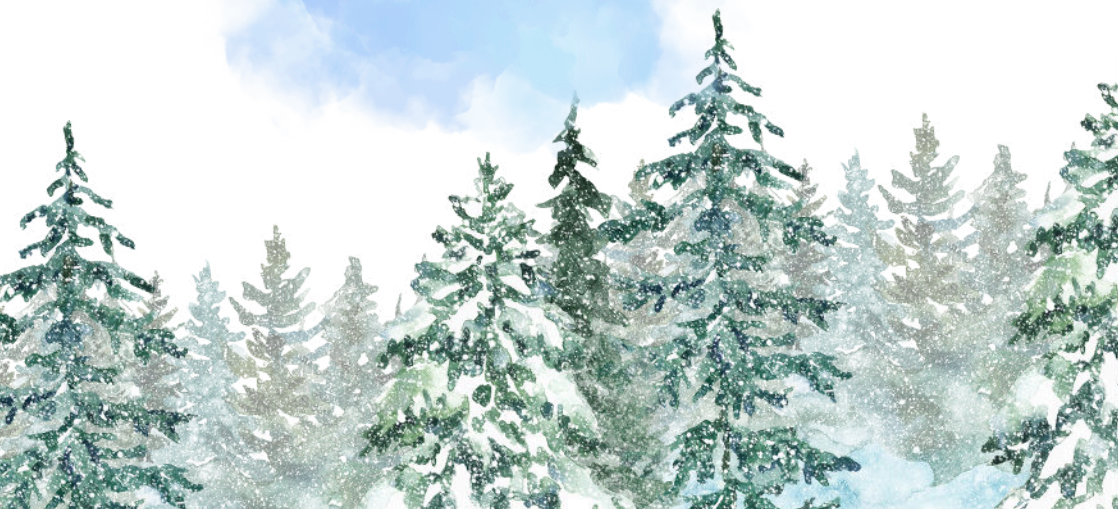


# If Things Get Worse

If you're feeling really sad, stuck, or having tough thoughts, remember that you're not alone. There are people who want to help you feel better. Talking to a friend, family member, or trusted adult can make things feel a bit lighter.

If it feels too hard to handle alone, you can also find people who are there to help you. Even if it's hard to see now, there are people ready to help you step by step. You don't have to go through this alone.

**Please also consider  
contacting organisations for  
support, such as ChildLine  
on 0800 1111, or text  
'SHOUT' to 85258.**



# Additional Resources

If you want more support on your journey, explore the resources below.

## For Children and Young People:

- <https://bolton-together.org.uk/>
- <https://www.bekindtomymind.co.uk/>
- <https://www.kooth.com/>
- <https://www.england.nhs.uk/supporting-our-nhs-people/support-now/wellbeing-apps/>

## For Parents and Carers:

- <https://bolton-together.org.uk/parent-peer-support-referral/>
- <https://www.qwell.io/>
- <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/>