



Living Well
North Tyneside
Supporting Health and Wellbeing

Christmas Crafts for Kids (Ages 8-14)



Date: 18th November 2023 Repeats weekly, on Saturday



Venue: Room 11 Linskill Centre,



Time: 10:00am - 11:30am



Cost: No Cost



Type: Face to Face

Come and create some festive decorations and gifts at Sarah's Star!

Sign-up here: bit.ly/kids-christmas-crafts

During the sessions you will be able to create:

📄 Christmas cards

👤 Snowman candle decorations

📄 Baubles

📄 Star garlands

📄 Gift boxes

All materials and light refreshments are provided.

Your work will also be displayed on an online gallery. You can check out a previous one here:

www.artsteps.com/view/5fd790ca20a1cc4f2a14279a

We ask that all guardians remain in the Linskill building where there is an onsite cafe.

Week 1: Christmas Card Making : Acts of Kindness to Self and Others

During this session we will do a reflective writing practice and then create Christmas cards to share the lovely messages to self and others that arise from your reflections.

Week 2: Snowman Candle Decorations: Reflection and Mindfulness

We will start with a gentle breathing exercise to relax our body and mind before creating some LED candle decorations.

Week 3: Bauble Making: Hopes and Wishes

This session will allow you to express your hopes and wishes for the future and get creative with bauble making. You will then be able to include a message of hope inside your bauble or attached to a ribbon.

Week 4: Affirmation Star Garland Making: Positive Affirmations

We will begin with a self-talk exercise where we will acknowledge and reframe the things we say to ourselves on a daily basis. We will then turn these thoughts in to positive affirmations which will be crafted on to a star garland.

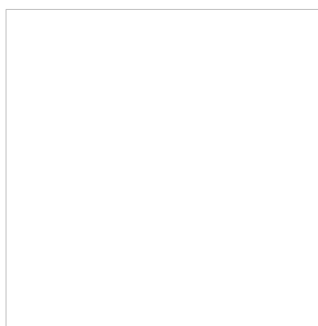
Week 5: Box Decorating: The Art of Giving

This session will be a real celebration of your creations where we will then decorate a box to gift them in. At the end of the course you will have a gift package full of positive messages and crafts for yourself and someone else.

Sarah's Star supports people affected by incurable illnesses, so whether you are living with, supporting someone or a health professional, please join us.



[craft](#) | [kids](#) | [christmas](#)



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Room 11 Linskill Centre,
North Shields



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