

2nd December

Button Christmas Wreath Craft

Materials Needed:

Square canvas

Glue

Green buttons

Red pom poms

Red ribbon



Start by tracing a circle onto the canvas put glue all around the line. Stick on random green buttons.

Then make another circle of glue and stick on more on the top of the ones you have just stuck on. Finish the wreaths by adding a red ribbon and little red pom-poms or stars of whatever you fancy

Based on an idea found at <https://www.craftymorning.com/button-christmas-wreath-craft/>

Dyspraxia Youth top tip for looking after yourself this Christmas period

Keep active

Try to make sure you get outside at least once a day even if it's just to take a 10 minute walk round the block.

If you need to chat to someone call the **NSPCC** on - 0808 800 5000

