



## December 8th

For many colouring is where they find relaxation so why not have a go? Download free from internet (we found this one here <https://coloring-pages-printable.com/print/adult-christmas/christmas-coloring-pages-for-adults.php?id=10> as well as many others) and see if you enjoy it?

Another idea is to then stick on some card and make your own Christmas cards.



## Dyspraxia Foundation Youth Top Tips over Christmas Period

Once you have got all your presents it is time to get wrapping.

Youth Champion gives some great advice; “Wrapping can be tricky too! Take your time with it - if you leave it to the last minute it can be much more stressful. And don’t put pressure on yourself for it to be perfect either, it will be ripped open anyway!

This video gives some really useful tips for wrapping <https://www.youtube.com/watch?v=u8YGZNxY6tI> and this article suggests some ways to make it eco-friendly.

<https://www.stylist.co.uk/fashion/christmas-gift-guide/eco-friendly-christmas-wrappingideas-presents-gift-giving-recycle/178770>



## Dyspraxia Foundation Youth Top Tips over Christmas Period Continued:

Of course wrapping can be a challenge when you're dyspraxic without having to think about extra things, but little things such as drawing on ribbons may be easier in addition to being eco-friendly. Some people may find that brown parcel paper can be easier to wrap with as it is thicker and less likely to rip.

Tape dispensers such as this:

[https://www.amazon.co.uk/Scotch-Pop-up-Tape-Dispenser-Gift/dp/B000XSPEPA/ref=asc\\_df\\_B000XSPEPA/?tag=googshopuk-21&linkCode=df0&hvadid=309865111639&hvpos=101&hvptw=6244252604770902727&hvpone=&hvptwo=&hvqmt=&hvde=1006870&hvtargid=pla-30827210012\\_2&psc=1](https://www.amazon.co.uk/Scotch-Pop-up-Tape-Dispenser-Gift/dp/B000XSPEPA/ref=asc_df_B000XSPEPA/?tag=googshopuk-21&linkCode=df0&hvadid=309865111639&hvpos=101&hvptw=6244252604770902727&hvpone=&hvptwo=&hvqmt=&hvde=1006870&hvtargid=pla-30827210012_2&psc=1)

which go on your wrist can be really useful. Or if you find wrapping too stressful, why not use gift bags?"

## Need support?

<https://www.nhs.uk/oneyou/how-are-you-quiz/>

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>

