

**Make your own Christmas Cards;** Adapted from <https://www.prima.co.uk/craft/easy-craft-ideas/a16882/christmas-cards-ideas/>

Use a compass to make a variety of fun and fabulous Christmas cards

### You will need:

- Card in patterned and plain colours
- glitter
- Scalpel
- Cutting board
- Compass/or draw round anything circular eg: a mug,
- Needle
- Gold thread
- Gold pen
- Double-sided tape
- Pencil
- Ruler
- Diamanté stickers



### Three Baubles Card

Cut a piece of card 18cm x 18cm. Fold in half. Using the compass draw then cut three circles from a contrasting card, each 5cm in diameter. Attach them to the main card using a needle and gold thread.

### Bauble Window Card

Cut a piece of card 20cm x 15cm. Cut a 5cm circle 2.5cm from the top and left-hand edge. Fold in half. Draw in the top of the bauble and string with gold pen. Cut a square of contrasting card and stick behind the circle with double-sided tape.

### Dyspraxia Foundation Youth Top Tip over Christmas Avoid

comparing yourself to others: If you do decide to use social media over the festive season, avoid comparing your experience to those of your friends, social media influencers or celebs. Remember that most people only share the best 'polished' bits of their lives online leaving out the realities of life!

### Need Support?

Tips and Advice on having a more positive on-line experience

<https://youngminds.org.uk/find-help/looking-after-yourself/social-media-and-mental-health/>

