

17th December

A bit of fun

CHRISTMAS WORD SEARCH

R E F K M C Y Y Y S J X M
E K E S N F N S C J S L I
E Q S R W H E A X E W I S
D K K L T I N R A T S G T
N B C T K D S L E I G H L
I C A O Y R A S K E T T E
E Z O C I H A S H B L S T
R C A S G N I K C O T S O
N N I U T B S C V D Y B E
E C F A Q R O F P Z H B C

1. SANTA
2. TREE
3. LIGHTS
4. REINDEER
5. STOCKINGS
6. STAR
7. SLEIGH
8. COOKIES
9. MISTLETOE
10. CANDYCANE



makingofamom.com

Top tips over the Christmas Period
<https://youngminds.org.uk/blog/five-helpful-reminders-if-you-find-christmas-difficult/>

Text the YoungMinds Crisis Messenger for free 24/7 support across the UK if you are experiencing a mental health crisis.

If you need urgent help, text YM to 85258.

All texts are answered by trained volunteers, with support from experienced clinical supervisors.

Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.