

A very special Christmas mission...



Because growing
up can be hard

Christmas can be a magical time that can be enjoyed by everyone. Draw three things that make you happy at school Christmas...



Christmas can be a time when we think about other people and how we can help them. For example if someone is feeling sad, we can do something nice to help. Draw what cheers you up when you're sad...



There are places called charities that help children with some of the things that make them sad. They might...



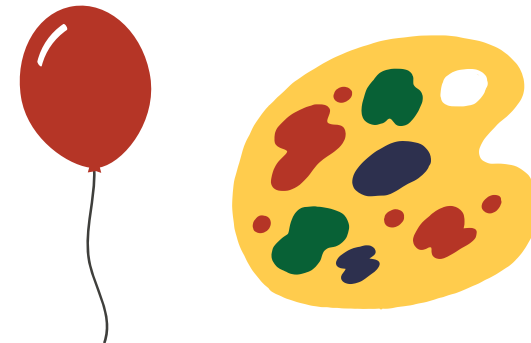
Talk to them about what is upsetting them



Give help to change what is making them sad



Be a place where they can meet new friends



Put on activities where they can learn and have fun

Did you know...



There are thousands of of charities helping children!

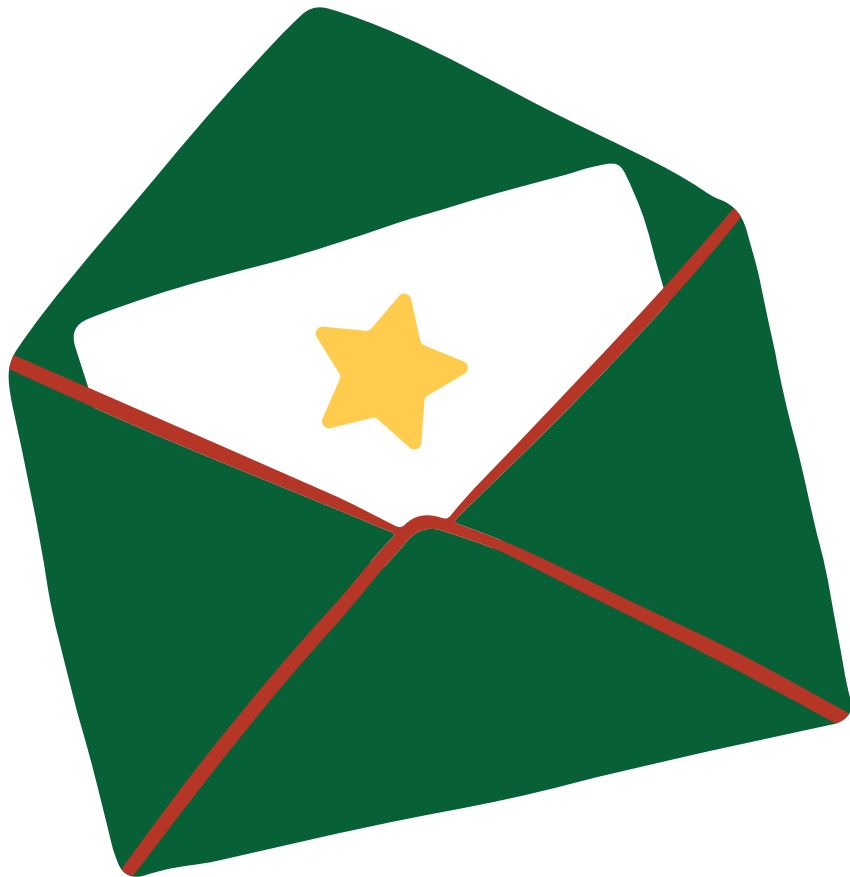
Some of them are really small, with only one or two people...

and some are really big, with hundreds of people.

They help make sure you have somewhere to turn for help!

Your special Christmas mission...

Think about what you've learnt today. Can you write a letter or draw a picture for someone who might be feeling sad this Christmas?



You could think about...

- The good things about Christmas
- What cheers you up

Good luck with you special mission!