



Coping with a Covid-19 Christmas

Prepared by
Curragh Family Resource Centre



CURRAGH
FAMILY RESOURCE CENTRE



Here at the Curragh Family Resource Centre we understand how overwhelming Christmas can be for families. This year, we recognise how we have new influences that can pose new challenges for families, challenges that can be out of our control. This booklet has been designed to support families in common themed issues presenting through Covid-19.

Mindfulness can often help us relax and manage anxious feelings, helping us realise and understand where our thoughts are. Self care is an important factor in positive well-being. A variety of activities have been provided to show the diversity and range of ways we can practice mindfulness.

Keeping a routine and being organised can support us in reducing the feeling of "being overwhelmed". Helpful resources have been added alongside tips and tricks.

Gift giving is a familiar tradition with Christmas. Key ideas to remember is we can give the gift of our presence to people, spending quality time together or making arts and crafts. Ideas have been included to get you ready.

We at the Curragh Family Resource Centre
would like to wish everyone a
Very Merry Christmas and a Prosperous New Year



MINDful

Trace your finger over the outline of the star while inhaling and exhaling. Try this three times.

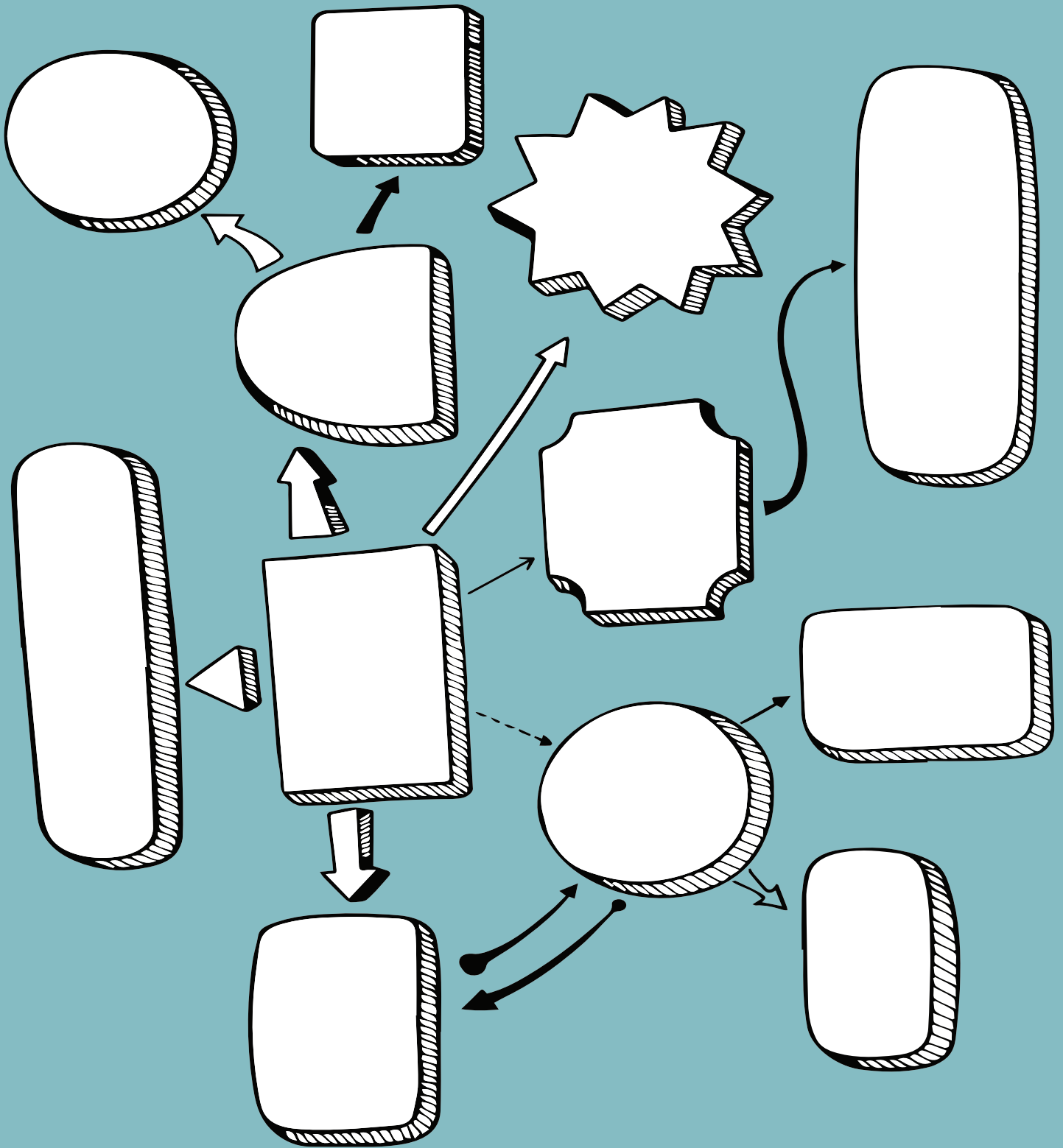


Mindfulness Magic



Focus on being aware, what you are sensing and feeling. Help your body relax.

Mind Map



A mind map helps us with our thoughts. Use this tool when your mind feels full by filling the boxes up.

To Do List

Hopes and wishes before 2021



Keeping it real while at home

**Talk about feelings
so your child will learn
to share how they
are feeling**

**Reinforce
positive
behaviour**

**Eat well,
sleep well
and exercise**

**Practice
self care**

Be calm

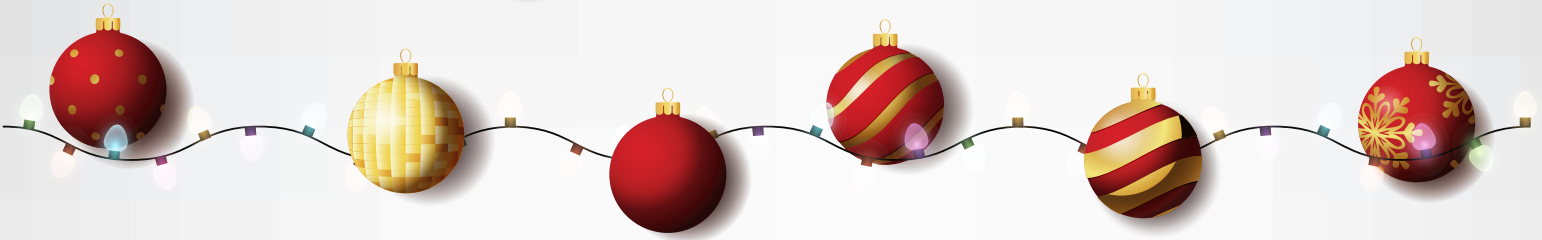
**Stick to
a budget**

**Keep a
daily routine**

**If feeling lonely
reach out**

**Spend quality
time together**

CHRISTMAS GAMES



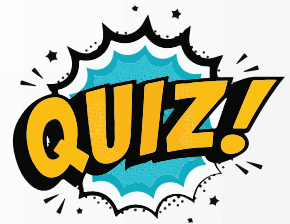
Santa Limbo



Charades



Quiz Night Google Questions



Bingo

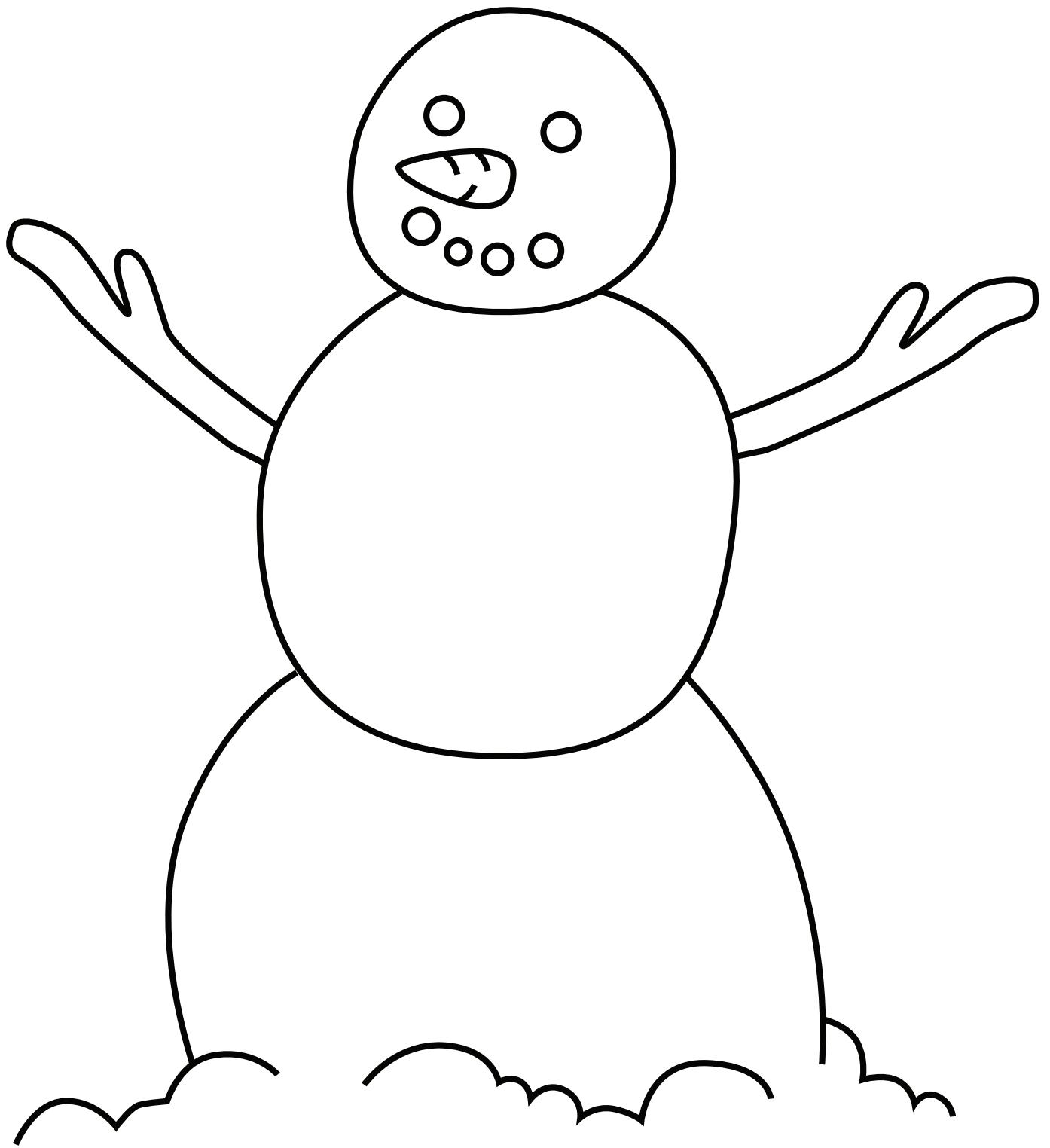


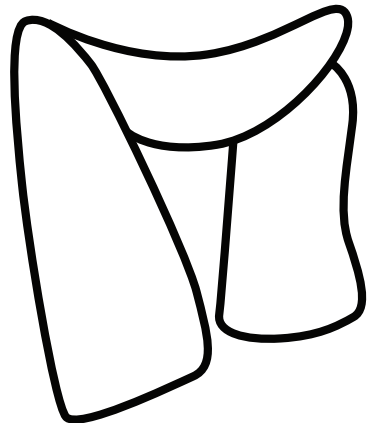
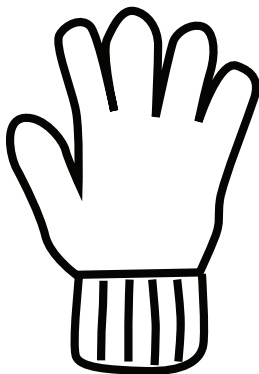
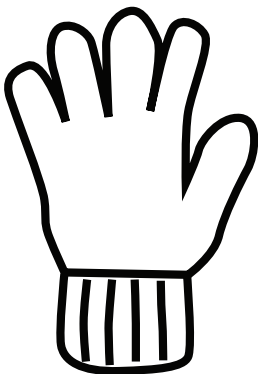
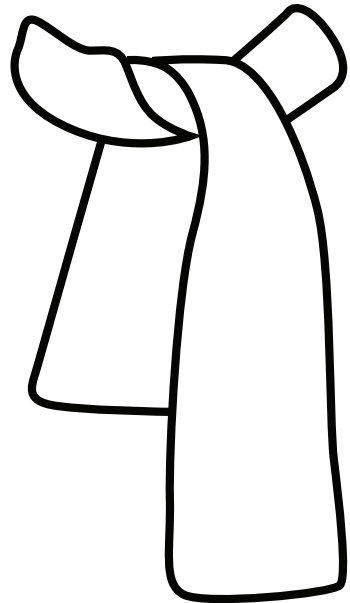
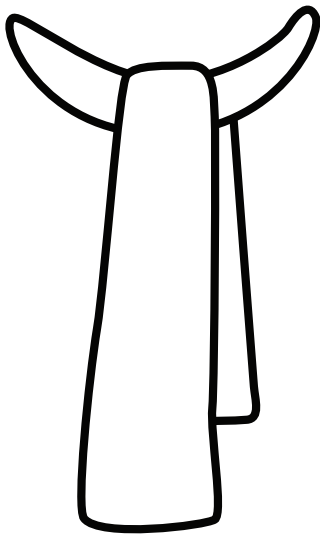
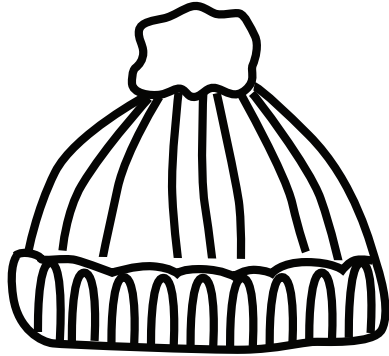
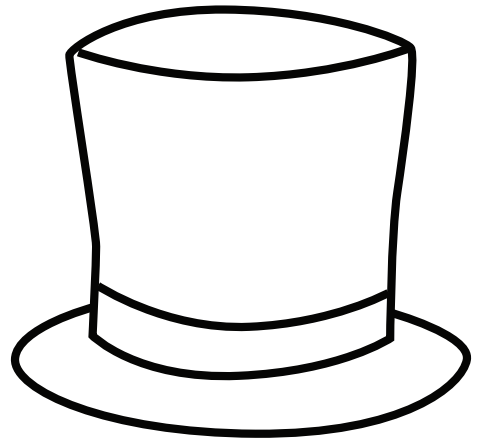
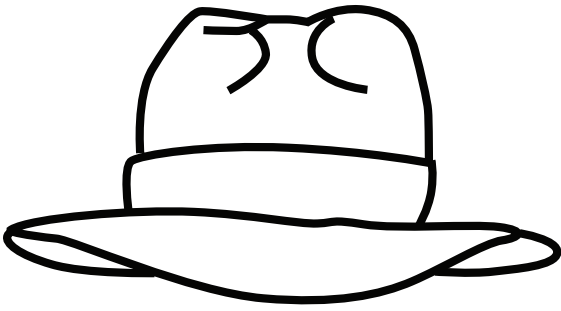
Guess Who?



Arts and Crafts









BINGO

<i>snow</i>	<i>mittens</i>	<i>scarf</i>	<i>jacket</i>	<i>boots</i>
<i>sparkle</i>	<i>blizzard</i>	<i>hot cocoa</i>	<i>earmuffs</i>	<i>candy lane</i>
<i>flurry</i>	<i>snowman</i>	 <i>free!</i>	<i>sleigh</i>	<i>corn cob pipe</i>
<i>chilly</i>	<i>frost</i>	<i>pepper mint</i>	<i>drift</i>	<i>frosty</i>
<i>magic hat</i>	<i>gloves</i>	<i>glitter</i>	<i>button nose</i>	<i>icicle</i>



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Community Development

A variety of groups, activities and programmes for the community. Ranging from toddler to retirement age groups.

**Contact Angela on
086-6605736
angela@curraghfrc.ie**

Family Support

Strengths based and needs led support for families, individuals and children. Supports are re-ponded to depending on the needs of the families.

**Contact Rebecca on
086-0238143
familysupport@curraghfrc.ie**

Family Therapy, Counselling and Play Therapy

Our therapists are available for support.

**For further information
please contact our
Therapy coordinator.**

OUR SUPPORTS AVAILABLE

Resilience Programme

This is a youth-based resilience programme based on the circle of courage model and supported by mentors.

**Contact Maria on
086-0254236
maria@curraghfrc.ie**

Additional Support

For additional support such as IT access, form filling or additional information please call to find out more.

**045-456883
info@curraghfrc.ie**

We are on the web!



www.curraghfrc.ie



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TÚSLA
An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency



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