

My Warm Festive Drink

Can you design a warm festive drink? You could use whipped cream, marshmallows, sprinkles, chocolate sauce, candy canes or gingerbread - be as creative as you like. Don't forget to give your drink a name!

My drink is called:



Top Tip: Hot Chocolate Breathing



Breathing helps us to feel calm.

Imagine holding your warm drink with two hands. Slowly breathe in through your nose, imagine smelling all the sweet flavours. Then slowly breathe out of your mouth, imagine cooling down your warm drink. Repeat this and notice yourself feeling calm.

