

THE GENTLE ELF GUIDE



01

HOW IT WORKS

Each morning, place your elf somewhere visible with a small note beside him.

The note contains one simple message for the day.

Parents read it aloud and share a quick 1-2 minute moment with their child.

02

DAILY THEMES

Affirmations
Strength Spotlights
Acts of Kindness
Moments of Calm

A Simple Weekly Rhythm
For parents who want less pressure:

Monday - Affirmation
Tuesday - Strength Spotlight
Wednesday - Act of Kindness
Thursday - Calm Moment
Friday - Family Connection Prompt
Weekend - Free Choice

03

WAYS TO DISPLAY THE MESSAGE

- A slip of paper the elf is "holding"
- A small envelope delivered by the elf
- Sticky notes
- Mini chalkboard
- A box of pre-printed cards parents pull from each morning

Check out some ideas on the next page to make this even easier

MERRY CHRISTMAS

THE GENTLE ELF

Bringing Calm instead of Chaos
to your house this Christmas



01

AFFIRMATIONS

1. I am kind.
2. I am brave.
3. I am learning and growing every day.
4. My body and my mind are strong.
5. I can do difficult things.
6. I am loved, safe, and important.

02

STRENGTH SPOTLIGHTS

1. Your elf noticed how patient you were yesterday.
2. Your effort matters more than being perfect. He's proud of you.
3. Your elf saw how helpful you were this week. It made him smile.
4. He sees how kind you are to others – that's your magic.
5. You are doing so well at trying new things. He loves your courage.
6. Your elf noticed how you kept going, even when something felt tricky.

03

ACTS OF KINDNESS

1. Do one small thing today that makes someone smile.
2. Say something kind to someone in your family today.
3. Choose one toy or book to pass on to someone else.
4. Write a Christmas card for someone who might need cheering up.
5. Help someone today without being asked.
6. Think of someone you love and tell them why you love them.

04

MOMENTS OF CALM

1. Take one slow, deep breath together before you start your day.
2. Have a quiet cuddle before school today.
3. Tonight, read a story together by the Christmas tree.
4. Pause for 10 seconds and listen to the sounds around you.
5. Think of one thing you are grateful for this morning.
6. End today with a warm hug and one kind thought.