

January

1st of January – New Year's Day

Making a time capsule:

- [My Favourite Things Time Capsule – Super Simple](#)
- [New Year's Eve worksheet](#)
- [New Year's resolutions](#)
- [New Year's resolutions for kids](#)

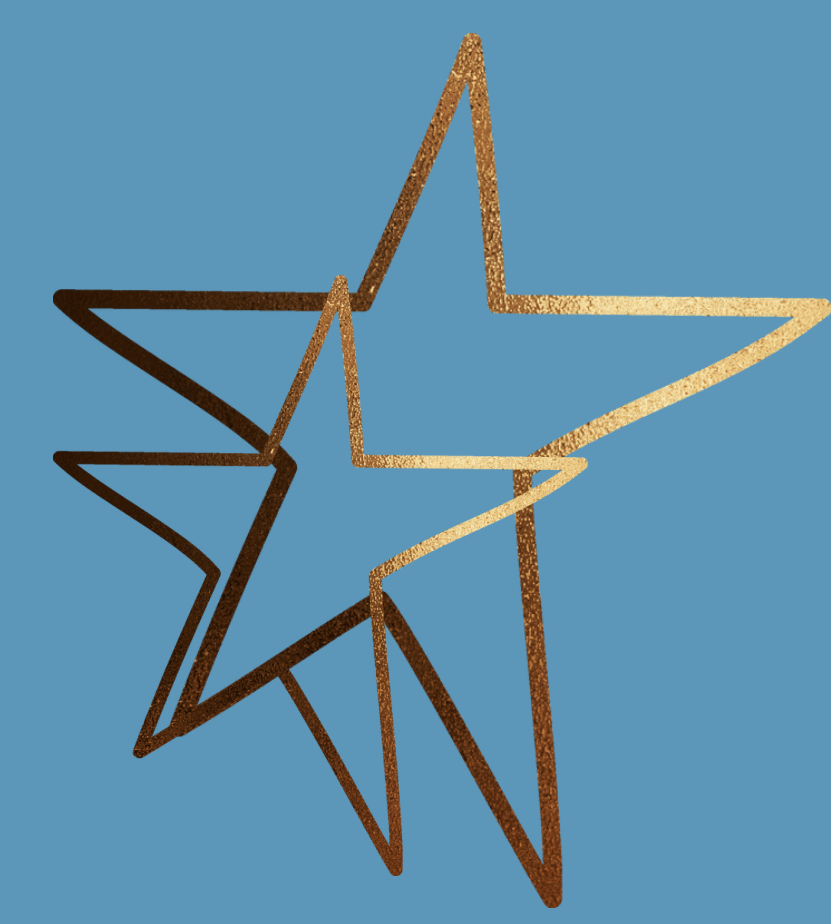


Crafts:

- [It's Easy to Make Your Own Confetti Cannon!](#)
- [New Year's Eve Party Hat Craft](#)

Ideas for teachers:

- [New Year's Eve Countdown with Caitie and Tobee](#)



Songs:

- [The New Year Is Marching In – The Kiboomers Preschool Songs & Nursery Rhymes for Holidays & Seasons](#)
- [Happy New Year Lyric Video – The Kiboomers Preschool Songs & Nursery Rhymes](#)



January

6th of January – Three Kings' Day

Songs:

- Three Kings were riding – actions

Crafts:

- Three Kings Day Crafts



10th of January – Mind-Body Wellness Day

Videos:

- Candle and Flower Breathing – Mindful and Calming Breathing Technique
- The Body Scanner! Mindfulness for Children
- Rainbow Relaxation



Book (with audio):

- Sitting Still Like a Frog – Shambhala Pubs

Other ideas:

- 51 Mindfulness Exercises for Kids in the Classroom

Wellness

