

The Wellness Child

Dr. Harris Keeps You Informed

It's almost *time* for Christmas

It's getting colder, Thanksgiving Day is over, and you know what that means! Christmas must be just around the corner. But how far away is it? How many more days are there till Christmas? Well, Dr. Harris wants to help you know the answer without having to ask your Mom or Dad ten times a day.

The Christmas Chain

This fun craft will help you to keep track of how many days are left until Christmas. You'll need a little help from Mom or Dad.

The things you'll need are:

- ✓ Colorful Construction Paper (you can use whatever colors you like but most people like to use red and green)
- ✓ Tape or Glue Drops (can be found at any arts and craft store)
- ✓ Crayons
- ✓ Safety Scissors

Step 1 – Cut the construction paper into one inch strips as shown in this picture using your safety scissors, or ask your Mom or Dad to cut the paper for you. For smaller links in the chain, cut the paper starting on the longer side.



Step 2 – Ask your Mom or Dad how many days are left until Christmas (remember, this is the last time you'll have to ask).

Step 3 – Count out as many strips of paper as there are days left until Christmas.

Step 4 – Make a circle with one of the paper strips by taping the ends together.

Step 5 – Stick one of the strips through the first loop you made and then tape the ends of that strip together.

Step 6 – Keep doing this until you have made a chain out of all the strips of paper as shown in this picture.



Step 7 – Color the Christmas Star on the back of this newsletter and cut it out.

Step 8 – Attach the chain to the bottom of your Christmas Star.

Step 9 – Hang your Christmas Chain on your wall and every night before you go to bed tear off one link of the chain. When you want to know how many days are left until Christmas just count the links, and when you get to the link that is attached to the star the next day is Christmas Day!

***We hope you had fun and that you
have a very Merry Christmas!***



*Note to Parents: Dr. Harris wants you and your family to enjoy a peaceful, joyful and healthful holiday season!
Don't forget to take a moment today to schedule your regular Chiropractic check up!*