Calm Christmas Family Planner

Small plans for a calmer, happier day.

1 Before the day

- [ ] Start the countdown
- [ ] Share the day plan
- [ ] Show who is coming
- [ ] Plan the presents
- [ ] Message family
- [ ] Other: _____

2 On the day

- [ ] Quiet space ready
- [ ] Headphones packed
- [ ] Safe foods ready
- [ ] Breaks planned

Our ally: _____

Leave by: _____

3 After the day

- [ ] A slow day
- [ ] Familiar food
- [ ] Time outside
- [ ] Usual bed time

What worked: _____

Next time: _____

Our quiet space is: _____