

Winter Wellbeing Bundle



A gentle collection of creative and wellbeing resources to help you find warmth, calm, and reflection during the winter season.

The Kelu Project

Creative Prompt



"Imagine a warm light glowing in the cold darkness — what does it illuminate in your life right now?"

Write about a light that stayed with you this year.

This can be:

A person

A moment

A lesson

Something you survived

Something unexpected that illuminated a truth

Let the writing be gentle. No pressure, just soft remembering.

Winter Wellbeing Ritual



Light a candle and sit with its glow for one quiet minute. Breathe in slowly, breathe out gently. Allow the warmth to soften your shoulders and unclench your heart. Let the light remind you that even in the coldest season, warmth always returns.

Reflection:

What is one thing you want to welcome more of this winter?

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Today I am grateful for:

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A moment I want to remember from this season:

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Intentions for the weeks ahead:

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Short Story



A soft winter poem or story will go here — something warm, something hopeful, something gentle for the season.

*In the slow hush of winter,
when the world sits still enough to listen,
a small softness stirs —
a reminder that even the coldest seasons
carry their own kind of warmth.*

*Lights glow brighter in the early dark,
hands wrap around warm cups,
and hearts find reasons to remember
what has carried them this far.*

*There is quiet here,
not empty — but spacious,
a place where new intentions
can settle like snowflakes,
soft and patient.*

*And when the light returns
—as it always does—
you will rise with it,
carrying everything gentle
you found in the dark.*