

Winter Wellbeing Bundle



A gentle mid-December collection of creativity, grounding, and soft presence — crafted to support calm, clarity, and gentle momentum throughout Week 2.

The Kelu Project

Creative Prompt



"Create from the quiet place."

Find a moment of stillness today & create something tiny from it.

Choose a soft moment — a slow morning, warm light, or quiet breath — and let something small emerge from there. A word, a shape, a colour, a short sentence. Keep it simple. Keep it honest.

Winter Wellbeing Ritual



The Three-Minute Re-Centering Ritual

Sit with both feet on the floor. Place one hand on your chest and one on your belly.

Inhale for 4, pause for 2, exhale for 6. Whisper inwardly: *"Here I am."*

A tiny reset for a tender week.

Reflection:

What helps you return to yourself when the day becomes overwhelming?

Printable Page



Calming Intention:

.....

My micro-creative moment today:

.....

.....

A reflection from this week:

.....

.....

A grounding phrase to carry:

.....

Short Poem



*There is a moment in midwinter
when the world seems to exhale —
a softened hush, a pause,
a remembering of gentleness.*

*In this quiet
we learn we do not need to hurry,
or fill every space with effort.*

*Sometimes presence is enough.
Sometimes a breath is enough.*

*And sometimes, in the quietest days,
light finds us exactly as we are —
soft, steady, still becoming.*