

Christmas list



The Multi Schools Council Ambassadors

The ambassadors have noted that Christmas can be an especially stressful time of the year and have provided the following list of reasons for this.





Flashing lights can be very overwhelming.

The movement of furniture inside school and at home can be very hard to manage.

The world just looks different and that can be unsettling.

School changes, lessons are different, there are school performances and that is difficult.

Parents can become very stressed because of money, and we worry about that.

Sleeping can be harder because of these additional things.

Christmas music is often very loud and that can hurt people's ears.

Things like cards can get in the way and makes people feel sad if they don't get any.

Shopping becomes impossible because it's just so busy.

Their siblings finds it harder because of change and this can make it difficult for them.

The weather changes, it gets too dark too quickly!

Everyone talks about the toys that they may get but they worry they may not get any.

People talk about it too early, and this creates anxiety.

It's not all happy, some people may feel sad.

It's hard to give people the right reaction when they get given a present. What do they do?

Christmas jumpers/hats are sometimes uncomfortable and itchy.

Extra visitors come to their school and home which can make them feel uncomfortable.

Christmas food is different to the food I normally eat.

Presents being wrapped and the anxiety of not knowing what's inside.

The list provided by the ambassadors above illustrates how different factors can affect individuals in diverse ways.

A close-up shot of a hand with red-painted fingernails holding a lit sparkler. The sparkler is in the foreground, with its bright white sparks radiating outwards. The background is dark and filled with out-of-focus, colorful bokeh lights in shades of white, yellow, red, and blue, creating a festive and celebratory atmosphere.

Let's make Christmas
enjoyable for all!