



10 FRIENDLY AND CREATIVE ELF ON THE SHELF ALTERNATIVES

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- 1 Kindness Elf.** The Kindness Elf can perform random acts of kindness, like putting the dishes away or wiping down the bathroom counter. Actions, big and small, are highlighted with this elf.
 - 2 Growth Mindset Elf.** With the “Power of Yet,” Growth Mindset Elf celebrates when children step out of their comfort zones, like working on a challenging puzzle or trying to improve their math skills.
 - 3 Sensory Elf.** Sensory integration is a powerful coping skill for lowering anxiety and stress. Have children find Sensory Elf playing with playdough or putty, or maybe in a bin of rice with toys and hidden items to find.
 - 4 Critical Thinking Elf.** This little loves problem-solving! Children may find this elf solving a puzzle in a new Sudoku book or waiting to play a game of chess or checkers.
 - 5 World Traveler Elf.** Incredibly fun for families doing ancestral research, the elf might be found holding a recipe from a chosen country or reading a folktale from a particular culture.
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6 **Artsy Elf.** Artsy Elf promotes creativity and introduces your child to new art mediums. Children may wake to find their elf holding new paintbrushes or oil pastels.

7 **Zen Elf.** This elf promotes grounding and emotional regulation activities like yoga and breathing. Zen Elf can be wrapped inside a new yoga mat or perched on a meditation cushion watching Cosmic Kids Yoga.

8 **Culinary Elf.** Children will find this elf in the kitchen or pantry with a simple recipe for the child to try out. Culinary Elf may introduce children to a new cooking or baking utensil like cake decorating tools or cookie cutters.

9 **Adventure Elf.** Adventure elf promotes trying new things and may give your child a book on hiking, bird watching, or a new sport. This elf can even provide scavenger hunts leading all around the backyard.

10 **Positivity Elf.** This elf can be found at the site of a job well done. You might find him in an empty sink with a note thanking your child for doing the dishes without being asked.



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- V. Ramos

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