



Waiting for Christmas

Tenille Galea



Leo sits by his bedroom window with light reddish blonde brown hair and bright green eyes, watching the winter snowflakes gently fall outside. His room is filled with his favorite things, including a colorful yoyo on his desk and a miniature tech deck skateboard. Christmas is getting closer, and his mind is full of wonderful thoughts about the holiday season.



While playing with his favorite Minecraft building blocks on the rug, Leo spots a shiny wrapped present under the tree in the living room. His brain immediately gets very excited, making him want to ask lots of questions and open the box right away. It is hard not to think about the surprises waiting inside.



Sitting at the kitchen table, Leo lets out a heavy sigh of frustration as he looks at the calendar on the wall. Waiting for Christmas day feels extremely difficult, and a mix of worried and impatient feelings begins to bubble up inside him. His mom kneels down beside him with a gentle smile to remind him that having these big feelings is completely okay.



Leo holds up his red Christmas Wish List and a marker, carefully writing down a brand new tech deck he hopes to find under the tree. Putting his wishes down on paper helps his busy brain slow down and organize all of his exciting holiday thoughts. He places the list proudly on the refrigerator where everyone can see it.



Standing in the living room, Leo proudly points to the large colorful countdown calendar hanging on the wall. Each morning, he gets to cross off another number, watching the days until Christmas steadily disappear one by one. This simple daily routine helps him see that time is moving forward.



Leo sits on his bedroom floor completely absorbed in practicing cool tricks with his colorful yoyo, making the string spin up and down smoothly. Engaging in one of his favorite activities helps shift his focus away from presents and brings a calm feeling back into his mind. He enjoys mastering a new trick while the minutes tick by.



Leo takes a deep breath and gently tells his dad, I am having big Christmas thoughts right now. His dad listens patiently and gives him a warm, reassuring hug to help him feel safe and understood. Sharing his big feelings with an adult always makes the waiting feel a little bit lighter.



Leo sits on the sofa with his eyes closed, taking three slow and steady deep breaths to help his excited brain relax. Whenever the anticipation of presents starts to feel too huge, he knows he can use his special calming strategies. His shoulders drop as a wave of peace washes over him.



Leo plays a fun game of building a virtual castle in his favorite Minecraft world on his tablet. Focusing on a completely different activity helps him stay happily occupied while the holiday season continues its slow approach. He loves creating blocky adventures in his digital world.



Leo smiles warmly as he looks at the family calendar, realizing that patience is making him stronger every single day. He feels very proud of himself for using all of his wonderful waiting skills as Christmas day finally draws near. Every single step of the journey is worth the wait.