

BrightLife Kids - Calming Cards for the Holidays Email Template

Subject line: Simple ways for your family to find calm this holiday season

Body:

The holidays can be magical — and a little overwhelming, too. It helps to have simple ways to pause and reset as a family. That's why [BrightLife Kids](#) is sharing **Calming Cards for the Holiday** — a quick, kid-friendly mindfulness tool that helps bring everyone back to the present moment. Just download the attached PDF and keep it nearby for when things start to feel a little too busy.

And if you're looking for more support, the BrightLife Kids website is free for California families and offers:

✨ Calming tools & games for kids

🧘 Emotional wellness activities for all ages

💬 Free coaching for kids, parents and caregivers

Wishing you and your family a calm, connected season.

— BrightLife Kids