



Head of ideas.

DIY mindful Advent calendar



Mindfulness throughout the Advent season

Advent season is almost here and you are wondering what special advent calendar to give your loved ones this year.

The classic Advent calendar is well out of date. Instead of sweets and gifts, this year's Advent calendar is giving a very special gift: a mindful and contemplative Advent season.

With the beautifully designed cards, you can easily create a wonderful advent calendar that will accompany you and your loved ones through the Advent season with mindful exercises.



An article by Vera

Step-by-step tutorial



Print the two templates (mindfulness Advent calendar and handwritten numbers) on a piece of DIN A4 paper. For the Advent calendar, the paper can be a little thicker, e.g. 90 g/m².

Cut out the individual cards of the Advent calendar template along the dotted line. You can either use the mindfulness suggestions or note down your own ideas, wishes and messages on the blank cards.



If you like, you can colour the template with the discreetly pre-drawn Christmas motifs with the triplus fineliners and the triplus color however you like.





3

Cut the kraft cardboard into 9 cards of equal size, each about 9.8 cm x 6.9 cm.

4

The Advent calendar numbers in the motif template can be copied with a simple trick. To do this, place the template on the kraft cardboard cut-out so the number you want is in the middle. Trace the lines of the numbers with a sharp pencil or a ballpoint pen with firm pressure.



5

Go over the indentations created by this technique with a triplus fineliner.

6

Now stick the cut-out Advent calendar cards in the middle on the back of the kraft paper box cut-out.





7

Attach the cards to four strings one by one using mini clothes pegs.

8

Finally, tie the cord strings to a piece of driftwood to complete your Advent calendar.



Material overview



What you need

Product	Article no.	Quantity
triplus® color 323 Triangular fibre-tip pen - STAEDTLER box containing 10 triplus color in assorted colours	323 SB10	1
triplus® fineliner 334 Triangular fineliner - STAEDTLER box containing 10 triplus fineliner in assorted colours	334 SB10	1

Additionally required:

Ruler, Scissors, Glue stick, Strong cord (e.g. macramé cord), Mini clothes pegs or foldback clips, A stick of wood or log to hang up the Advent calendar, 3x kraft cardboard in DIN A4 format