



Focus & Calm Holiday Tracker

Simple herbal rhythms for calm mornings and cozy nights

Month:

Week of:

List of Activities

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Morning Focus
Tea/Gummy



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Bedtime Spray



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Glycerite Drop



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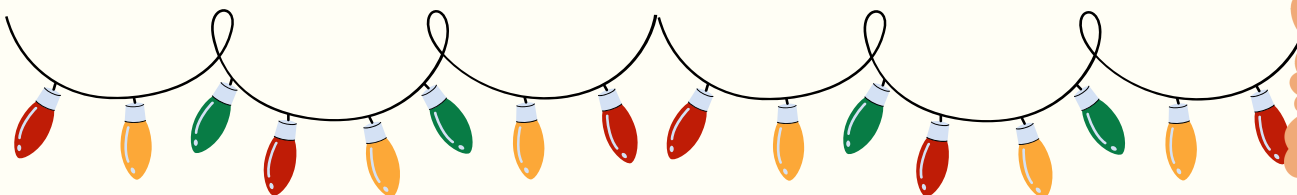
Calm Moment
(color, draw,
sketch, read)



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Notes:

Rhythm isn't about perfection—it's about return



Herbal Helpers at a Glance

Herbal Blend	Purpose	Kid-Safe Tip
Lemon Balm + Spearmint	Focus + Calm for morning transitions	Brew lightly; serve warm or as gummies.
Lavender + Orange	Soothing bedtime scent	Spray on pillow or bath towel before bed.
Lemon Balm + Elderberry	Gentle immune + mood support	Add 1 dropper of glycerite after brushing teeth.
Chamomile (solo)	Overall calm & digestion	Works in tea, mist, or glycerite form.

Notes for Grown-Ups

- Keep herbal routines flexible - consistency matters more than perfection.
- Encourage your child to choose their herbal moment (tea, gummy, spray, or drop).
- Scents and small rituals build predictability that helps calm overstimulated kids.
- Use this as a visual rhythm chart - post it on the fridge or near the bedtime corner