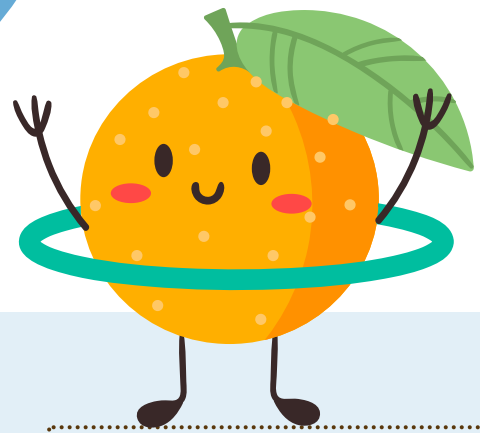


2023



5 KEYS TO HAPPINESS

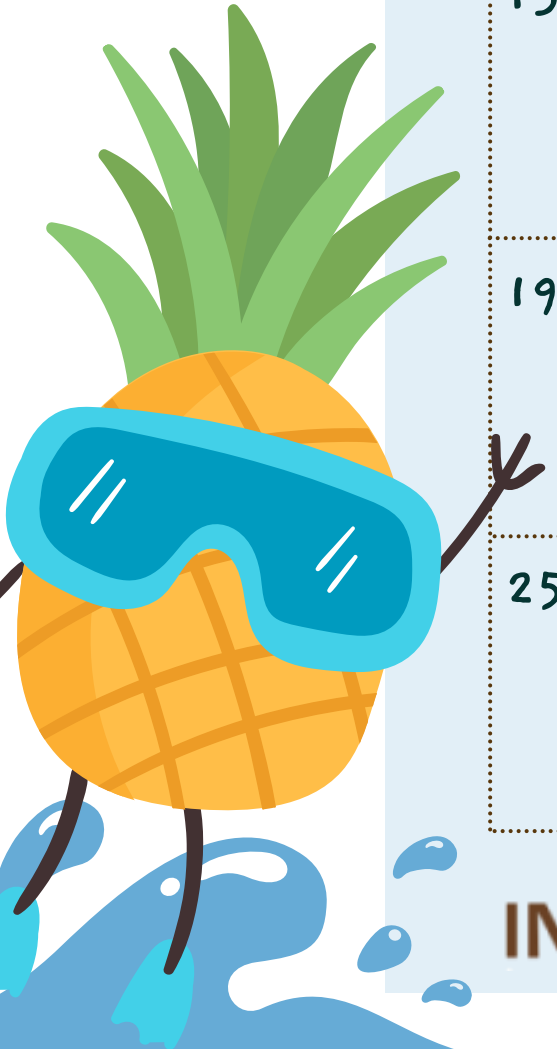
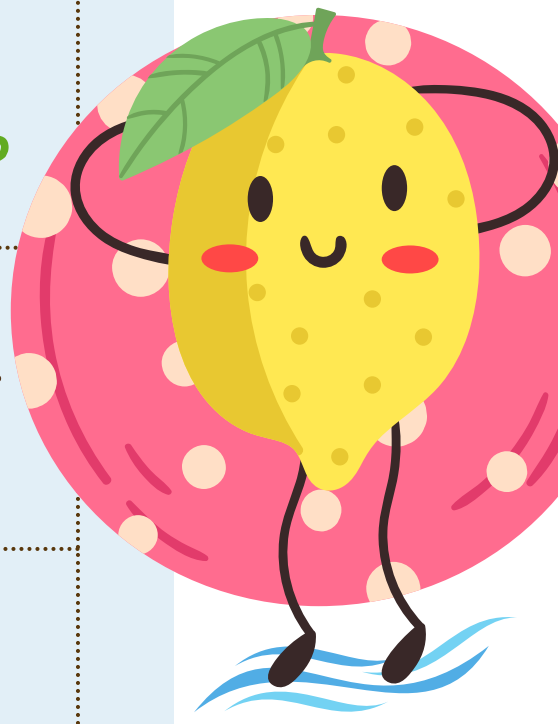
30-Day Summer Challenge



HAPPY CHILDREN LEARN BETTER



1 Be Still Like a Frog	2 Go on a Treasure Hunt	3 Play Scattegories	4 Launch a Straw Rocket	5 Make a Pot of Kindness	6 Create a Body Map
7 Become a Nature Detective	8 Send a Postcard	9 Do a Science Experiment	10 Be Someone Kind	11 Try the Wiggle and Freeze	12 Play Tree Tag
13 Try a Tongue Twister	14 Learn Animation	15 Become a Planet Protector	16 Listen and Chill	17 Take a Forest Bath	18 Pass the Sound
19 Create an Artist's Palette	20 Bee Friendly	21 Make an Unworry Pack	22 Play Jelly Beans	23 Build a Paper Tower	24 Create a Sundial
25 Make Kindness Rocks	26 Relax Your Muscles	27 Host a Walk and Talk	28 Read Around the World	29 Make a Sock Puppet	30 Practise Positivity



INSIDE OUT

Click on the text to go to the activity!

