

5 KEYS TO HAPPINESS

12-Day Winter Wellbeing Challenge



1 Make Winter Wellbeing Bunting

2 Go On a Wonderful Winter Hunt

3 Play Talking Games

4 Craft a Snowglobe

5 Set Kindness Resolutions

6 Try Arctic Animal Yoga

7 Become a Cloud Investigator

8 Play Musical Snowflakes

9 Design Winter Windows

10 Make a Bird Kebab Feeder

