

WELLBEING GUIDE

- Embracing Change -

Welcome to the Wellbeing Guide - practical activities to boost children's wellbeing.

This month's issue focuses on the theme of **change**, with five simple activities to help children self-calm and tackle transitions with ease. Each activity is linked to our **5 Keys to Happiness** framework, which you can learn more about [here](#).



BREATHING WAVES

Look Inside

Visualise and deepen the breath with this calming art therapy activity.

[Go to activity](#)

10 - 20 mins

MINDFUL WALKING

Move Outside

Learn to move with conscious awareness and connect with the natural world.

20 mins +

[Go to activity](#)



CONVERSATION GAMES

Share More

Find common ground with others thanks to these fun conversation starters.

[Go to activity](#)

under 10 mins



DREAMBOW

Be Curious

Inspire aspirational thinking, find hope for the future, and dare to dream!

20 mins +

[Go to activity](#)



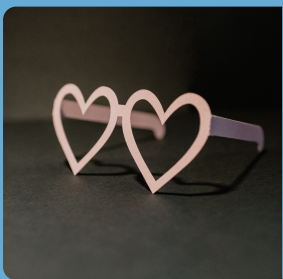
SELF-KINDNESS AFFIRMATIONS

Be Kind

Love who you are, both inside and out, with these encouraging affirmations.

[Go to activity](#)

under 10 mins



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