

WELLBEING GUIDE

- Encouraging Growth -

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

This month's issue focuses on the theme of **growth**, with ideas to boost children's confidence, inspire their curiosity and help them build a resilient mindset. Each activity is linked to our **5 Keys to Happiness** framework, which you can learn more about [here](#).



YOGA AFFIRMATIONS

Look Inside

Train the mind to think positively by practising daily affirmations through yoga poses.

[Go to activity](#)

under 10 mins

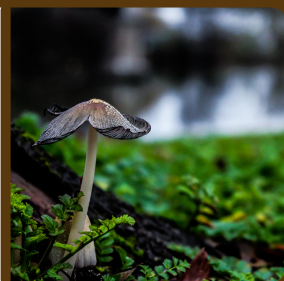
SEASONAL SCAVENGER HUNT

Move Outside

Discover the signs of the seasons in this inquiry-based outdoor adventure.

20 mins +

[Go to activity](#)



WORD LADDER

Share More

Build reading skills and expand vocabulary with these quick-fire word puzzles.

[Go to activity](#)

under 10 mins

THE SCIENCE OF SEEDS

Be Curious

Discover how seeds grow and learn how to make your very own, all-natural seed slime!

20 mins +

[Go to activity](#)



IT'S OKAY TO MAKE MISTAKES

Be Kind

Boost resilience and self-acceptance with this inspiring story about the power of imperfection.

[Go to activity](#)

under 10 mins



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