

# WELLBEING GUIDE

- Building Resilience -

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

This month's issue focuses on the theme of **resilience**, with five fun activities that teach children the skills they need to bounce back from difficulties. Each activity is linked to our **5 Keys to Happiness** framework, which you can learn more about [here](#).



## WEATHER THE STORM

*Look Inside*

Learn to turn the day around with this calming mindfulness exercise.

[Go to activity](#)

under 10 mins

## 60-SECOND CHALLENGES

*Move Outside*

Build strength and perseverance through these compete-against-yourself active challenges.

under 10 mins

[Go to activity](#)



## RESILIENCE GAME

*Share More*

Develop resilient thinking with this simple, scenario-based board game.

[Go to activity](#)

20 mins +

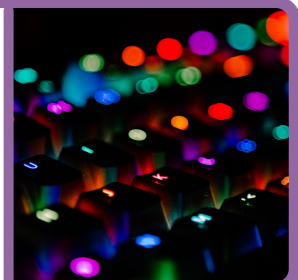
## CODE MONSTER

*Be Curious*

Practise problem-solving while learning to code with a friendly monster teacher.

10 - 20 mins

[Go to activity](#)



## IT'S OKAY TO MAKE MISTAKES

*Be Kind*

Be reminded of the importance of self-acceptance with this short story about making mistakes.

[Go to activity](#)

under 10 mins



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CHILDREN  
LEARN  
BETTER