

Weekly Wellbeing Guide

Issue #14

Welcome to issue 14 of the Weekly Wellbeing Guide.

Each activity has been specially chosen based on our [5 Keys to Happiness](#). Through these 5 Keys, children gain a 'toolkit' of practical life skills to reduce stress, increase confidence and improve resilience to feel better, learn better and flourish. You can find out more on the poster attached.

Have fun. Stay safe. Stay well.




KEY 1 / LOOK INSIDE

Check out these simple [Stress Busters](#) from Save the Children to help you cope with stressful situations and relax your mind.

Try doing one exercise every day and see which you like best!

KEY 2 / MOVE OUTSIDE



[Jump the stream](#) is a fun activity sure to get your heart racing! All you need is some rope (twigs or pebbles will work too) and a grassy area to get started.

Remember to swing your arms to help you jump further!




KEY 3 / SHARE MORE

Board games are a great way to connect with others. Why not spend some quality time with family by playing a classic like [Snakes and Ladders](#).

Feeling inventive? Try creating your own game from scratch!

KEY 4 / BE CURIOUS



It's [Children's Art Week](#) and this week's focus is The Natural World! Get creative with recycled materials and make a cardboard collage of [British Wild Animals](#).

When you're finished, go outside and see what wildlife you can find!



KEY 5 / BE KIND

Empathy is how we understand other people's feelings. Try this [Empathy Tree](#) exercise and think of kind acts that can help you be nicer to others.

By understanding people better, we can help create a kinder world.

5 KEYS TO HAPPINESS

An evidence-based framework to improve wellbeing.



1 / LOOK INSIDE

Inspire self reflection,
focusing, being quiet, self calming



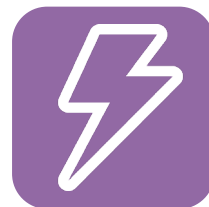
2 / MOVE OUTSIDE

Promote non-competitive
outdoor exercise



3 / SHARE MORE

Encourage connection,
teamwork and communication



4 / BE CURIOUS

Stimulate growth mindsets,
exploration, experimentation
and making



5 / BE KIND

Support an attitude of
caring for oneself, others
and the environment