

Weekly Wellbeing Guide

Issue #16

Welcome to issue 16 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

It's easy to panic when we feel stressed or worried about something but calming techniques like the '[Butterfly Hug](#)' can help us to feel more in control.

Remember, as you breathe in and out, think of things that make you happy.

KEY 2 / MOVE OUTSIDE

Check out '[50 things to do before you are 11 ¾](#)' by the National Trust for lots of fun activities to do in the great outdoors!

Make sure to let us know which activity was your favourite!



KEY 3 / SHARE MORE

Stories help us to connect with the world around us. Why not share your favourite story with someone you care about or write your own and read it aloud?

You could even decorate your own [bookmark](#) so you don't lose your place.

KEY 4 / BE CURIOUS

Ever wondered how lego is made? Watch this video by [Maddie Moate](#) to take a tour of the factory and see how each piece is made!

Take a look at her YouTube channel for hundreds of ways to #StayCurious.



KEY 5 / BE KIND

Show kindness to your parents and caregivers this week by helping with the chores! Start by making your bed each morning and tidying your room.

Use this [chore chart](#) for more ideas or make your own to display at home!

5 KEYS TO HAPPINESS

An evidence-based framework to improve wellbeing.



1 / LOOK INSIDE

Inspire self reflection,
focusing, being quiet, self calming



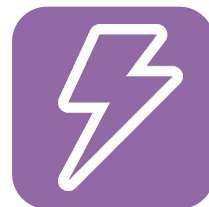
2 / MOVE OUTSIDE

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