

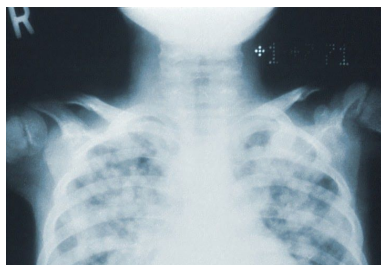
Weekly Wellbeing Guide

Issue #17

Welcome to issue 17 of the Weekly Wellbeing Guide.

Our [5 Keys to Happiness](#) is a child-friendly approach to the New Economic Foundation's '[5 Ways to Wellbeing](#)', a set of evidence-based actions recommended by the UK government to improve wellbeing. This week's Guide includes 5 activities that bring the 5 Keys to life in inspiring ways for everyone to enjoy.

Have fun. Stay safe. Stay well.



KEY 1 / LOOK INSIDE

Join Dynamo from GoZen in this [Body Scan Meditation](#) to help you notice your thoughts, feelings and sensations in the present moment.

Try this meditation before bed to help you relax your body for sleep.

KEY 2 / MOVE OUTSIDE

Get outside and moving each day with the [#DailyMileAtHome](#), a great way to stay active and discover more of your local area!

Make sure to check out their [website](#) for more family fun challenges!



KEY 3 / SHARE MORE

Is there an animal for each letter of the alphabet? Work with a friend or family member and take it in turns to think of an animal for each letter.

You can play this game with names, fruits and vegetables, cars or places!

KEY 4 / BE CURIOUS

Why not have a go at making your very own animation movie! Watch this [video](#) to learn how to get started by creating a storyboard.

Make sure you've got plenty of paper to hand for all your amazing ideas!



KEY 5 / BE KIND

'[Send a hug](#)' in the post to someone that needs it with this tutorial by Somewhat Simple - a great way to show a loved one that you care.

You might even receive one back!

5 KEYS TO HAPPINESS

An evidence-based framework to improve wellbeing.



1 / LOOK INSIDE

Inspire self reflection,
focusing, being quiet, self calming



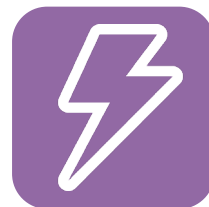
2 / MOVE OUTSIDE

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