

Weekly Wellbeing Guide

Issue #5

Here's our 5th Weekly Wellbeing Guide with 5 more activities based on our [5 Keys to Happiness](#) to help boost your child's wellbeing.

*"Most people think that if they become successful, then they will be happy. But recent discoveries in psychology and neuroscience show that this formula is backward: **happiness fuels success**, not the other way around. When we're positive, our brains are more motivated, engaged, energetic, resilient, and productive." — Psychological Bulletin*

Have fun. Stay safe. Stay well.



KEY 1 / LOOK INSIDE

Try these a-maze-ing [sleep mazes](#) from the Scouts website. They will help you learn about the things you should avoid before bedtime so you sleep better.

You could create your own maze for your family to complete.

KEY 2 / MOVE OUTSIDE

Why not get active and have fun by making your own [obstacle course](#)? You could be really inventive but make sure your course is safe.

Time yourself and see if you can improve your speed.



KEY 3 / SHARE MORE

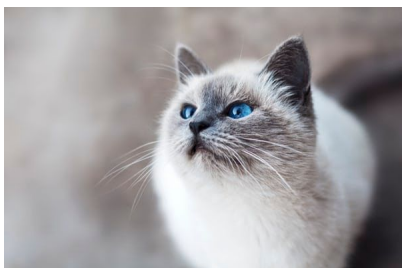
Have a go at making your own family tree and discover where you come from. Take a look at these [examples](#) or create your own.

Ask your family members questions and find out about your history!

KEY 4 / BE CURIOUS

Go on a new and exciting journey by listening to an audiobook. Choose from the many amazing audiobooks that [Audible](#) is offering free for children.

Let your imagination soar by picturing the scenes and characters described!



KEY 5 / BE KIND

Be kind to the environment and create something useful from your recycling like these [cat](#) gift boxes from an old cardboard roll - easy to make and super cute!

Take a look at the [Red Ted Art](#) website for lots of other ideas.

5 KEYS TO HAPPINESS

An evidence-based framework to improve wellbeing.



1 / LOOK INSIDE

Inspire self reflection,
focusing, being quiet, self calming



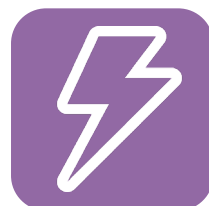
2 / MOVE OUTSIDE

Promote non-competitive
outdoor exercise



3 / SHARE MORE

Encourage connection,
teamwork and communication



4 / BE CURIOUS

Stimulate growth mindsets,
exploration, experimentation
and making



KEY 5 / BE KIND

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