

Weekly Wellbeing Guide

Issue #6

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 a look at our [resources](#) page for past issues and more ideas.

Have fun. Stay safe. Stay well.



KEY 1 / LOOK INSIDE

Create a 'Happy Box' by collecting together things that make you feel good inside - like pictures, books and toys. If you need a boost, just look in your box!

Don't forget to decorate it and keep adding to it each week!

KEY 2 / MOVE OUTSIDE

Check out the [Woodland Trust](#) nature activities for kids and try the 'Move like Minibeasts' game (scroll down to number 6).

Can you invent some of your own minibeast moves?



KEY 3 / SHARE MORE

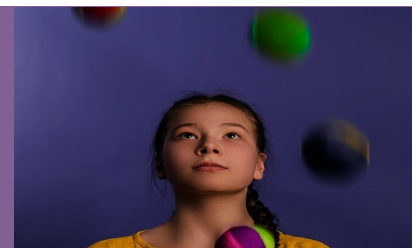
Who doesn't love a good den? Take a look at this [website](#) for ideas of indoor and outdoor dens that you can build with someone in your family.

Make sure you ask an adult before you start using sheets, cushions and pegs!

KEY 4 / BE CURIOUS

Have a go at something you never knew how to do - like juggling! Watch this step-by-step [video](#) to learn how.

Did you know: Juggling is proven to increase brain size?!



**COOL TO BE
KIND**

KEY 5 / BE KIND

Make your own Kindness poster to display in your window at home or at school. Take a look at this [website](#) for inspiration.

In a world where you can be anything, be kind.

5 KEYS TO HAPPINESS

An evidence-based framework to improve wellbeing.



1 / LOOK INSIDE

Inspire self reflection,
focusing, being quiet, self calming



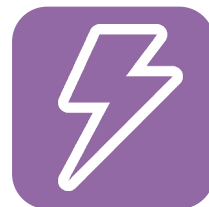
2 / MOVE OUTSIDE

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