

Weekly Wellbeing Guide

Issue #9

Welcome to our 9th edition of the Weekly Wellbeing Guide, created to give you 5 simple activities based around our [5 Keys to Happiness](#) to help boost your child's wellbeing.

This week's Guide has everything from yoga and word games to painting and crafts - there's something for everyone to enjoy so why not give them a go!

Have fun. Stay safe. Stay well.



KEY 1 / LOOK INSIDE

Join Jaime from Cosmic Kids Yoga as she takes a fun adventure through the enchanting world of [Harry Potter](#)!

Which magical move was your favourite?

KEY 2 / MOVE OUTSIDE

Challenge yourself to this 60-second [Clap and Catch](#) activity to see how many times you can throw a ball, clap and catch it in a minute.

Aim high to achieve a bronze, silver or gold medal!



KEY 3 / SHARE MORE

Word games are a great way to practise communication and help you focus. Why not try this '[I went to the shops...](#)' game to boost your memory skills.

Have fun by adding in some strange and creative items to your list!



KEY 4 / BE CURIOUS

Create a colourful bunch of [Egg Carton Flowers](#) by upcycling your old egg boxes. You could decorate them with bright colours and creative patterns!

Why not give your flowers as a gift to someone special?



KEY 5 / BE KIND

Join the [Great British Brushathon](#) for National Smile Month and ask an adult to share your smile with us on [Facebook](#) and [Twitter](#)!

Being kind to your teeth will keep them happy for years to come so get brushing!



5 KEYS TO HAPPINESS

An evidence-based framework to improve wellbeing.



1 / LOOK INSIDE

Inspire self reflection,
focusing, being quiet, self calming



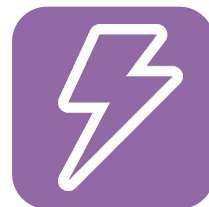
2 / MOVE OUTSIDE

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