

5 KEYS TO HAPPINESS

10-Year Anniversary
Wellbeing Challenge



1
Butterfly
Breath
Chosen by Fringford

2
Mindful
Walking
Stephanie's
pick...

3
Charades
Beverly's
choice...

4
Friendship
Bracelet
Jade
loves...

5
Pass a
Smile
Annette's
fave...

6
Meditate
Like a Tree
Ruth
suggests...

7
Line
Bounce
Chosen by Thameside

8
Broken
Telephone
Chosen by Willowcroft

9
Describe
the Detail

10
Kindness
Jar

