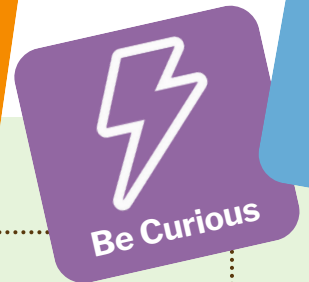
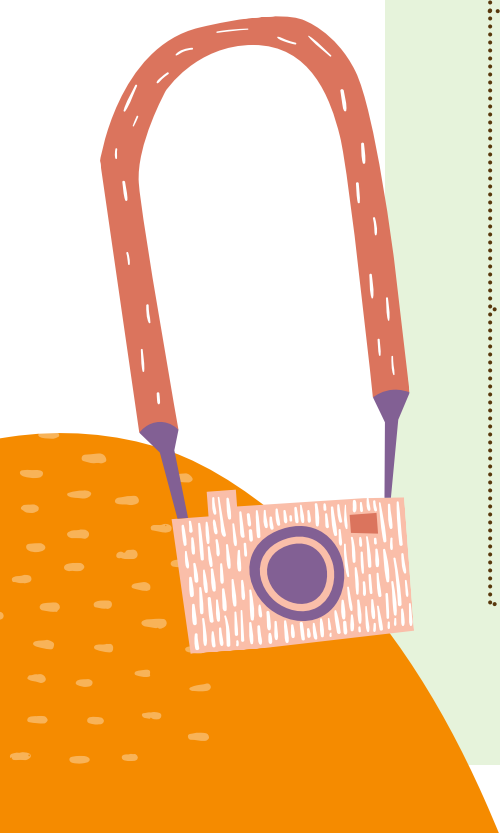


# 5 KEYS TO HAPPINESS


## 30-Day Summer Challenge



1 Meditate like a Tree	2 Roll Down a Hill	3 Learn Spanish	4 Try Shadow Art	5 Complete an Eco Challenge	6 Do Laughing Yoga
7 Go on a Scavenger Hunt	8 Send a Postcard	9 Do a Science Experiment	10 Train the Brain to be Kinder	11 Make an Energy Ball	12 Go on a Sound Safari
13 Write an Invisible Poem	14 Learn to Weave	15 Craft a Courage Token	16 Create a Peace Corner	17 Build an Obstacle Course	18 Make Story Stones
19 Create a Nature Collage	20 Make a Kindness Tree	21 Keep a Self Esteem Journal	22 Play Tree Trumps	23 Bury a Time Capsule	24 Go Cloud Watching
25 Give a Compliment Card	26 Do Mindful Colouring	27 Build a Twig Teepee	28 Read a Book	29 Make a Balloon Rocket	30 Practise Positive Affirmations



INSIDE OUT 

 Click on the text to go to the activity! 