

WELLBEING GUIDE

- Expressing Gratitude -

Welcome to the Wellbeing Guide - practical activities to boost children's wellbeing.

This month's issue focuses on the theme of **gratitude**, with five inspiring activities to encourage children to be thankful for the good things in life. Each activity is linked to our **5 Keys to Happiness** framework, which you can learn more about [here](#).



GRATITUDE JOURNAL

Look Inside

Find inner positivity and appreciate life's best moments with this printable gratitude journal.

[Go to activity](#)

10 - 20
mins

LOVE WHERE YOU LIVE

Move Outside

Explore and appreciate the local area with these fun photography challenges.

20
mins +

[Go to activity](#)



FAMILY BOOK

Share More

Celebrate the importance of family and create a keepsake book full of memories.

[Go to activity](#)

20
mins +

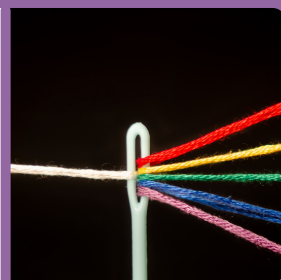
FRIENDSHIP BRACELET

Be Curious

Develop fine motor skills and concentration while making a colourful gift for someone special.

10 - 20
mins

[Go to activity](#)



KINDNESS JAR

Be Kind

Give thanks for the joys of friendship and connection with this DIY craft activity.

[Go to activity](#)

10 - 20
mins



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