

WELLBEING GUIDE

- Nurturing Empathy -

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

This month's issue focuses on the theme of **empathy**, nurturing children to develop healthy and happy relationships with themselves and others. Each activity is linked to our **5 Keys to Happiness** framework, which you can learn more about [here](#).



LOVING KINDNESS

Look Inside

Focus positive energy on oneself and others with this calming meditation.

[Go to activity](#)

under 10 mins

IN MY SHOES

Move Outside

Explore ways to relate to others while blowing off steam in this energetic, group activity.

10-20 mins

[Go to activity](#)



FEELINGS CHARADES

Share More

Practise emotional expression through acting with this twist on the classic game charades.

[Go to activity](#)

10-20 mins

GLOBE TROTTING

Be Curious

Explore and appreciate the world's diversity thanks to this global learning site for kids!

under 10 mins

[Go to activity](#)



KINDNESS CLIPS

Be Kind

Brighten someone's day with these heartfelt notes of appreciation.

[Go to activity](#)

10-20 mins



Join our mailing list!

HAPPY
CHILDREN
LEARN
BETTER