

WELLBEING GUIDE

- Finding Belonging -

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

This month's issue focuses on the theme of **belonging**, with five simple activities to promote a sense of inclusion and self-acceptance. Each activity is linked to our **5 Keys to Happiness** framework, which you can learn more about [here](#).



OUTER ME, INNER ME

Look Inside

Explore and embrace identity with this creative exercise that celebrates what makes you unique.

[Go to activity](#)

20 mins +

STUCK IN THE MUD

Move Outside

Learn to help others and have fun in this classic, pulse-raising playground game!

10 - 20 mins

[Go to activity](#)



WORLD STORIES

Share More

Read your way around the globe thanks to this multi-lingual story hub.

[Go to activity](#)

under 10 mins

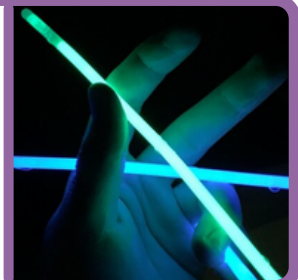
MAGIC MICROPHONES

Be Curious

Develop curiosity about others and the world as you become an expert investigator!

under 10 mins

[Go to activity](#)



THE REFLECTION IN ME

Be Kind

Nurture self-love and acceptance with this inspiring animation.

[Go to activity](#)

under 10 mins



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CHILDREN
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BETTER