

WELLBEING GUIDE

- *Expressing Love* -

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

This month's issue focuses on the theme of **love**, with five simple activities that encourage children to give and receive love, empathy and appreciation. 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

LOVE WHERE YOU LIVE

Move Outside

Get out and about and appreciate your local area thanks to this simple photography task.

20 mins +

[Go to activity](#)



INCLUDE SOMEONE

Share More

Practise inviting and including others so that everyone feels welcome and valued.

[Go to activity](#)

10 - 20 mins

BUILD A BIRD NEST

Be Curious

Help birds withstand the changing weather by building a simple but sturdy shelter.

10 - 20 mins

[Go to activity](#)



LOVE LETTERBOX

Be Kind

Complete kindness tasks and share the love with this creative craft activity.

[Go to activity](#)

10 - 20 mins



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CHILDREN
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