

WELLBEING GUIDE

- *Creating Habits* -

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

This month's issue focuses on the theme of **habits**, with five simple activities that offer routines to help encourage self-regulation. Each activity is linked to our **5 Keys to Happiness** framework, which you can learn more about [here](#).



FEELINGS JOURNAL

Look Inside

Learn to express and process feelings with this reflective, cat-themed journal worksheet.

[Go to activity](#)

10 - 20 mins

ACTIVE BRAIN BREAKS

Move Outside

Boost energy and improve brain power with quick, high-energy movement.

under 10 mins

[Go to activity](#)



SPELLIE

Share More

Improve word recall and spelling with this daily vocabulary puzzle.

[Go to activity](#)

under 10 mins

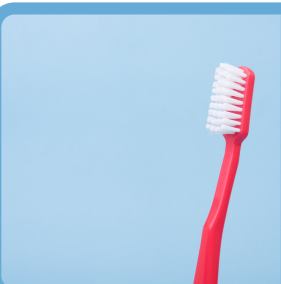
THE POWER OF YET

Be Curious

Promote a growth mindset and be reminded of the importance of never giving up!

under 10 mins

[Go to activity](#)



HYGIENE HABITS

Be Kind

Take care of your body and create a healthy hygiene routine that keeps you feeling good.

[Go to activity](#)

20 mins +



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BETTER