

Weekly Wellbeing Guide

Issue #10

We've reached issue 10 of our Weekly Wellbeing Guide! That's 50 awesome activities to improve your child's wellbeing, all based on our [5 Keys to Happiness](#). This week, each activity has been chosen from our School Toolbox, which you can also find [here](#).

Monday 8th June is World Ocean Day for Schools - get ready to bring the wonder of the ocean from the deep blue to wherever you are! Check out their [website](#) for super cool live workshops including Ocean TV, Micro Plastic Art and Inner Sea Yoga!

Have fun. Stay safe. Stay well.



KEY 1 / LOOK INSIDE

Create your very own [Mind in a Jar](#). Give your jar a shake, and then breathe calmly while you watch the swirling glitter (your thoughts) settle.

Use your jar to self-calm whenever you're upset or feeling overwhelmed.

KEY 2 / MOVE OUTSIDE

[Mindful Walking](#) is where we move while noticing what's going on around us. Pay attention to how you feel. What can you see and hear?

By taking the time to notice, we help the mind to calm and slow down.



KEY 3 / SHARE MORE

Take a piece of paper and write a wish that you have for others or for the world. Tie your wish to a tree branch or create your own tree using this [template](#).

Don't forget to visit your tree to remind you of the wish you want to come true!



KEY 4 / BE CURIOUS

Unleash your creativity with this simple [Relief Rubbings](#) activity. Take a walk in nature and hunt for different textures to create your rubbings.

Ask an adult to share photos of your creations with us on social media!



KEY 5 / BE KIND

Look after your local wildlife by making a 'Cheerio' [Bird Feeder](#). Hang it somewhere safe where you can see the birds coming and going.

Why not try to identify some birds using this [RSPB guide](#).



5 KEYS TO HAPPINESS

An evidence-based framework to improve wellbeing.



1 / LOOK INSIDE

Inspire self reflection,
focusing, being quiet, self calming



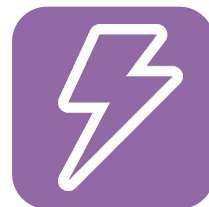
2 / MOVE OUTSIDE

Promote non-competitive
outdoor exercise



3 / SHARE MORE

Encourage connection,
teamwork and communication



4 / BE CURIOUS

Stimulate growth mindsets,
exploration, experimentation
and making



5 / BE KIND

Support an attitude of
caring for oneself, others
and the environment