

Weekly Wellbeing Guide

Issue #11

Welcome to issue 11 of our Weekly Wellbeing Guide.

Each activity has been specially chosen based on our [5 Keys to Happiness](#). Through these 5 Keys, children gain a 'toolkit' of practical life skills to reduce stress, increase confidence and improve resilience to feel better, learn better and flourish. You can find out more on the poster attached.

Have fun. Stay safe. Stay well.



KEY 1 / LOOK INSIDE

Join Sarah, our LOOK INSIDE expert, for a [Mindful Photography](#) exercise to help you focus your attention on the present moment.

Grab your camera and take time to discover the shapes and colours around you.

KEY 2 / MOVE OUTSIDE

The next time you take a walk in the wild, why not pick up some leaves to make your own wildlife creature! Check out this [video](#) for inspiration.

How many different animals can you make with your materials?



KEY 3 / SHARE MORE

Charades is a great family game to help you experiment with different ways of communicating. Think of your own actions or look at this [website](#) for ideas.

You can even play with your friends over video conferencing!



KEY 4 / BE CURIOUS

Have a go at something new by learning the Makaton signs to the song '[Shotgun](#)' with this fun video from Signing Hands UK.

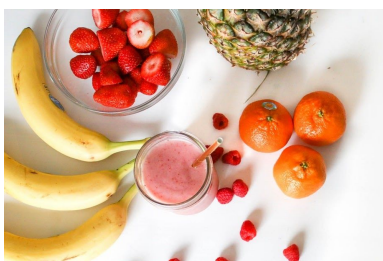
Want to learn more Makaton? See if you can find out the sign for 'happy'!



KEY 5 / BE KIND

Did you know that fruits and vegetables help keep us physically and mentally healthy? Inject some fun into your 5-a-day by creating some [funny fruit faces](#)!

Don't forget to ask an adult to share your creations with us on Facebook!



5 KEYS TO HAPPINESS

An evidence-based framework to improve wellbeing.



1 / LOOK INSIDE

Inspire self reflection,
focusing, being quiet, self calming



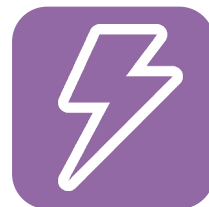
2 / MOVE OUTSIDE

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