

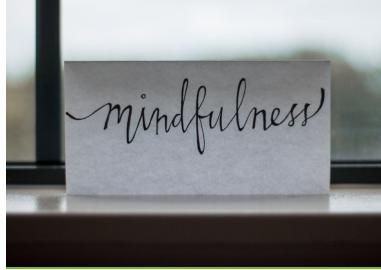
# Weekly Wellbeing Guide

## Issue #12

Welcome to the 12th issue 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

Check out this short breathing exercise from [Go Noodle](#) to practise being mindful and letting your attention rest on the present moment.

What sensations do you notice as you breathe in and out?

### KEY 2 / MOVE OUTSIDE

Ready for a challenge? Try this 60-second ball game from Youth Sport Trust called [Around the World](#).

Remember - if you drop the ball, pick it up and keep trying!



### KEY 3 / SHARE MORE

Get creative with [Picture Consequences](#), a fun drawing game using teamwork to create hilarious characters that are only revealed at the end of the game!

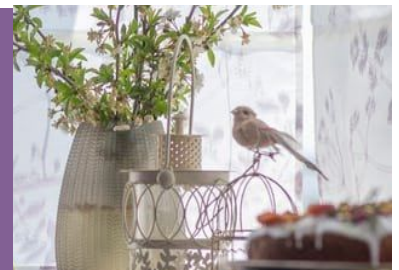
Why not name your completed character and invent a story about them?



### KEY 4 / BE CURIOUS

Ever seen an optical illusion? Now you can make your own with this '[Thaumatrope](#)' activity using paper to create the illusion of a bird in a cage.

You could even use your imagination and design your own Thaumatrope!



### KEY 5 / BE KIND

Be kind to the planet and make a [Promise for Nature](#) this year with The National Trust. You could build a bug hotel, clean up litter or plant seeds in your garden!

Don't forget to ask an adult to share your promise with us on social media.



# 5 KEYS TO HAPPINESS

An evidence-based framework to improve wellbeing.



## 1 / LOOK INSIDE

Inspire self reflection,  
focusing, being quiet, self calming



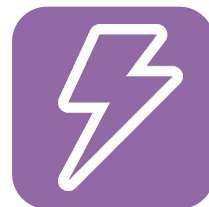
## 2 / MOVE OUTSIDE

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