

Weekly Wellbeing Guide

Issue #3

There is a strong public health message on 5 fruits and vegetables a day but are there 5 things you can do every day to feel happier and look after your wellbeing? YES – the [5 Keys to Happiness](#) from [INSIDE OUT!](#) This week's guide is packed with fun ideas to support children's wellbeing based on these 5 Keys.

We're continually inspired by the amazing work being done during these difficult times to support children. If your child is worried or anxious about coronavirus, take a look at this great free information book explaining it in simple terms for children, with pictures by The Gruffalo illustrator, Alex Scheffler - download it [here](#).

Have fun. Stay safe. Stay well.



KEY 1 / LOOK INSIDE

Discover ways to focus your attention on the present moment with Mini the puppy and her friend Jaime in the [Zen Den](#).

Why not join Jaime at [Cosmic Kids](#) for some of her other fun videos.

KEY 2 / MOVE OUTSIDE

Create your own treasure hunt and get the whole family involved. Up for more of a challenge? Check out this [website](#) to write your own clues.

You could take your treasure hunt indoors or outdoors!



**SOCIAL
MEDIA**

KEY 3 / SHARE MORE

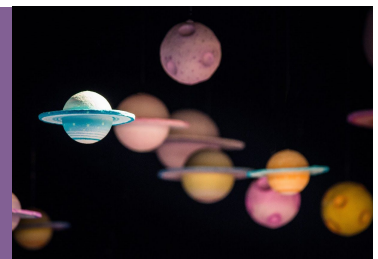
If you like our new Weekly Wellbeing Guides, please take time to share them with your friends, family and anyone you feel would enjoy the 5 Keys!

The Guides can be found on our [website](#), [Twitter](#) feed and [Facebook](#) page.

KEY 4 / BE CURIOUS

Ready to become an at-home astronaut? Explore the galaxy with free resources from [NASA Kids' Club](#) and build your very own [spacecraft](#)!

Why not take a photo and ask an adult to upload it to our social media.



KEY 5 / BE KIND

Make a heart and attach it to a street-facing window to send your love out to the world. Take a look at the Kids for Peace [website](#) for ideas.

Encourage your family and friends to do the same and watch the love grow!



5 KEYS TO HAPPINESS

An evidence-based framework to improve wellbeing.



1 / LOOK INSIDE

Inspire self reflection,
focusing, being quiet, self calming



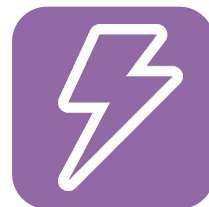
2 / MOVE OUTSIDE

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