

# PSHE Week 1:

## The 5 Day Happiness Challenge

You will need to visit <https://www.elsa-support.co.uk/elsa-support-5-day-happiness-challenge/> to access the resources for this activity. They have provided two versions of the resource: one for younger children (which has cute clipart) and one for older children (without the clipart). The basic activities are the same in both versions. To save on printing, you may decide to make a special PSHE book with your child/children. It could be made using a notebook, or simply from pages stapled together with a cover. Your child could then decorate the cover of their book to make it personal to them. This book could then be where your child completes all of their PSHE activities over the coming weeks.

The 5 Day Happiness Challenge is broken down into 5 areas:

Day 1—Being active

Day 2—Being helpful

Day 3—Connecting with friends and family

Day 4—Learning new things

Day 5—Being mindful

You may want to take part in the 5 day happiness challenge as a family (adults included!). These type of well-being activities are suitable for all ages and can be a great way to help look after everybody's wellbeing.

