

# Weekly Wellbeing Guide

## Issue #1

**INSIDE OUT** is an innovative education charity created to improve the wellbeing of primary school children through our [5 Keys to Happiness](#). Our purpose is to inspire children to be happy, inside and out. You can find our 5 Keys poster to print out on the next page.

Below are some activities that you can do at home to boost your child's wellbeing which, let's face it, we could all do with at this time!

Have fun. Stay safe. Stay well.



### KEY 1 / LOOK INSIDE

It is more important than ever to learn ways to self-calm, and '[Headspace](#)' is offering free support to help.

Try this mini [meditation](#) focusing on breathing and letting go of stress.

### KEY 2 / MOVE OUTSIDE

Whilst being outside may not be possible for everyone right now, here are some fun ways to stay active inside using the '[Go Noodle](#)' website.

Why not dance to this [classic](#)!



### KEY 3 / SHARE MORE

Connect with your loved ones and let them know you care and are thinking of them at this time.

Write a letter, post them a handmade card or send them an email.

### KEY 4 / BE CURIOUS

Follow this simple [video](#) to make a paper chain of people. Decorate each one differently - why not use your family as inspiration?

Get creative and hang your designs around the house!



### KEY 5 / BE KIND

Give a gift of kindness. Check out this [link](#) to see how to set up your own Kindness Jar to fill with positive compliments and kind words.

Add to it regularly and share your messages with the people in your life.

# 5 KEYS TO HAPPINESS

An evidence-based framework to improve wellbeing.



## 1 / LOOK INSIDE

Inspire self reflection,  
focusing, being quiet, self calming



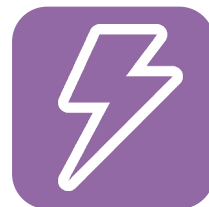
## 2 / MOVE OUTSIDE

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