

Weekly Wellbeing Guide

Issue #2

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

April is International Stress Awareness month and, now more than ever, it's important to stay grounded and keep connected. We hope you find inspiration from the links below. Check out our [Facebook](#) to get involved!

Have fun. Stay safe. Stay well.



KEY 1 / LOOK INSIDE

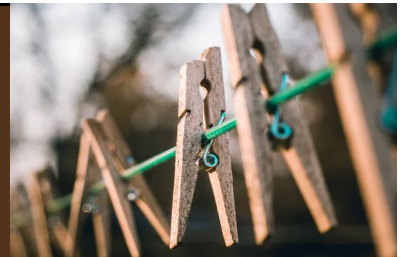
Our feelings are like the weather, they are constantly changing. All weather is welcome, we just need to learn ways to weather the storm.

Try this relaxing technique called '[weather the storm](#)'.

KEY 2 / MOVE OUTSIDE

Why not play this fun [peg game](#) with your family and get fit at the same time. Make sure you don't take pegs that are holding the washing though!

If you don't have pegs, try tucking socks into your waistband!



KEY 3 / SHARE MORE

Become a detective and find out more about your family. Get to know them better by asking some interesting questions - use this [website](#) for inspiration.

Share your new findings around the dinner table.

KEY 4 / BE CURIOUS

Try these [bubble experiments](#) or just enjoy blowing bubbles and popping them. If you can't make a bubble wand, use a straw, a biscuit cutter or even your fingers!

Why not ask an adult to upload some photos to our [Facebook](#) page?



KEY 5 / BE KIND

How about creating your own Kindness Bingo? Take a look at these [ideas](#) from the Random acts of Kindness [website](#).

Tick at least one box a day and see how quickly you can get a full house!

5 KEYS TO HAPPINESS

An evidence-based framework to improve wellbeing.



1 / LOOK INSIDE

Inspire self reflection,
focusing, being quiet, self calming



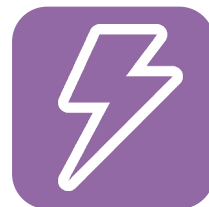
2 / MOVE OUTSIDE

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