

Weekly Wellbeing Guide

Issue #4

For families at home and teachers and children in school, we hope you enjoy this week's Wellbeing Guide which puts happiness and wellbeing first. Because, as we say at [INSIDE OUT](#), happy children learn better!

Don't forget to use our 5 Keys to Happiness poster below and share what activities from the Guide you get up to on our [Twitter](#) or [Facebook](#) page!

Have fun. Stay safe. Stay well.



KEY 1 / LOOK INSIDE

'Take 5' means 'take a short break.' If you're feeling stressed or frustrated, just breathe and [Take 5](#).

Use this technique anytime - before tests or even at the dinner table with your family.

KEY 2 / MOVE OUTSIDE

Get moving with this simple game called '[Line Bounce](#)'. Choose something to use as a line and jump over it and back for 20 seconds.

Count how many jumps you do and see if you can improve on your score.



KEY 3 / SHARE MORE

'[Who am I?](#)'. Think of a famous person or character, write them on a card or sticky note, attach it to your forehead and ask others questions to work out who you are!

The answers can only be 'yes' or 'no' so think about your questions carefully!

KEY 4 / BE CURIOUS

Take a look at this 'Art Hub for Kids' [video](#) and have a go at making a super cool shark paper puppet. You only need pens and paper.

Fun Fact: Did you know sharks don't have bones?



KEY 5 / BE KIND

Make a friendship bracelet! You can make a simple plaited 3 string bracelet or try something a little more challenging using a loom and 7 strings as shown in this [video](#).

Give it to a member of your family or send it to a friend.

5 KEYS TO HAPPINESS

An evidence-based framework to improve wellbeing.



1 / LOOK INSIDE

Inspire self reflection,
focusing, being quiet, self calming



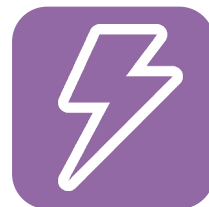
2 / MOVE OUTSIDE

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