

Wellbeing Guide

Issue #19

Welcome to the Wellbeing Guide - practical activities to boost children's wellbeing.

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.

Have fun. Stay safe. Stay well.



KEY 1 / LOOK INSIDE

Tune in to Churchie the dog's adventures in [Little Chapters of Chill](#), free 12-minute mindful stories to bring some chill to your day.

Simply sit back, relax and listen!

KEY 2 / MOVE OUTSIDE

Try this fun [physical activity bingo](#) with your family or your classmates and see who can be the first to complete a line or get a full house!

If you finish it, why not try making your own?



KEY 3 / SHARE MORE

Share your favourite summer memories with your friends and classmates and practice your listening skills with a simple sharing circle and a ball.

Whoever is holding the ball shares their stories, then pass it around the room!



KEY 4 / BE CURIOUS

Did you know you can build your own [birds' nest](#) using just a few twigs and fallen leaves? Make sure to only use what you can find on the ground.

Don't forget to snap a picture of your visitors and share it with us on [Facebook](#)!



KEY 5 / BE KIND

Compliment cards are a wonderful act of kindness that can spread joy and brighten someone's day. Write your own or print [these](#) and spread the love.

You could hand them out to friends or leave them for a stranger to find!



5 KEYS TO HAPPINESS

An evidence-based framework to improve wellbeing.



1 / LOOK INSIDE

Inspire self reflection,
focusing, being quiet, self calming



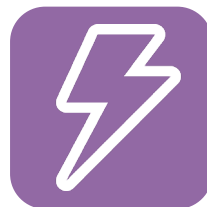
2 / MOVE OUTSIDE

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