

## Wellbeing Guide

### Issue #23

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

If you're feeling unsettled or finding it difficult to focus, try this short movement exercise by GoNoodle to help you slow down and [get back on track](#).

Remember it's ok to feel out of balance, just take some time to find your centre.

### KEY 2 / MOVE OUTSIDE

Staying active at home doesn't have to be boring, get creative using objects around the house like this [Socks in a Box](#) challenge!

Try skipping, hopping or jumping towards the box for an extra challenge!



### KEY 3 / SHARE MORE

Follow this [video](#) by Tate Kids to find out different ways to draw your loved ones, a great way to feel connected to them even when they might be far away.

You might also learn about some famous artists, which was your favourite?

### KEY 4 / BE CURIOUS

This sensory [mystery box activity](#) is perfect for a rainy day. You'll need an adult or friend to choose a variety of objects for you to identify using just your hands!

You could also try this activity using a bag, just make sure to keep your eyes closed!



### KEY 5 / BE KIND

Birds often struggle to find food in the winter but you can help them stay healthy and nourished by making your own [apple bird feeder](#).

Make sure to ask an adult for help removing your apple core.

# 5 KEYS TO HAPPINESS

An evidence-based framework to improve wellbeing.



## 1 / LOOK INSIDE

Inspire self reflection,  
focusing, being quiet, self calming



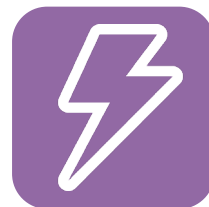
## 2 / MOVE OUTSIDE

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