

Wellbeing Guide

Issue #24

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

January 18th is [National Winnie the Pooh Day!](#) Did you know that Pooh lives in the forest? Let's start with a [woodland-themed guided meditation](#) to help us relax.

If you live near the woods, why not take a mindful walk of your own.

KEY 2 / MOVE OUTSIDE

Pooh knows how important it is to stretch and move every single day. That's why he's created this [special exercise routine](#) for you to try at home!

Make sure to put on your favourite song to help you stay energised.



KEY 3 / SHARE MORE

Have yourself a Pooh-themed party in your garden, home or local park and try out one of these [fun games](#) with your family or friends!

Will you help Piglet catch a heffalump or race with rabbit to find the carrots?



KEY 4 / BE CURIOUS

Pooh's favourite food is honey but do you know where honey comes from? Watch this [video](#) to find out some weird and wonderful facts about honey bees!

Use [this template](#) and write a poem or story about what you've learned!



KEY 5 / BE KIND

Piglet: "How do you spell 'love'?" Pooh: "You don't spell it...you feel it." Find a way to let the special people in your life know you love them.

You could draw a picture, write a letter or simply spend some time together.



5 KEYS TO HAPPINESS

An evidence-based framework to improve wellbeing.



1 / LOOK INSIDE

Inspire self reflection,
focusing, being quiet, self calming



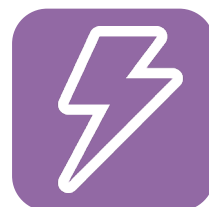
2 / MOVE OUTSIDE

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