

## Wellbeing Guide

### Issue #27

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

Losing yourself in a good book has been shown to reduce your levels of stress. Choose your favourite story or check out [Oxford Owl's free ebook library](#).

Find a quiet, cosy spot to read and relax.

### KEY 2 / MOVE OUTSIDE

Take yourself on a [photo scavenger hunt](#) around your neighbourhood. It's a great way to get moving and explore your local area at the same time.

It's important to take an adult with you so why not have a family scavenger hunt!



### KEY 3 / SHARE MORE

Do you know your ABCs? How about in British Sign Language? Join Charlie for a simple 5-minute lesson on [how to sign the alphabet](#).

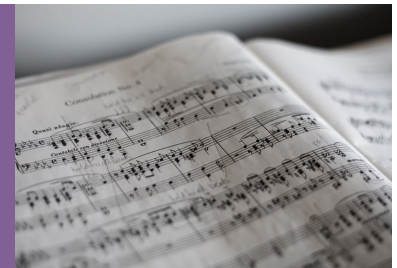
Now you can use what you've learned to spell your full name!



### KEY 4 / BE CURIOUS

Explore the science of sound and build a simple [pan flute](#) with just a few straws and tape, then use the worksheets provided to create a song of your own.

Remember to cut your straws to different lengths to see how it changes the sound.



### KEY 5 / BE KIND

Why not watch the [Pig of Happiness](#) video and see how being kind to others is a wonderful way to share joy in the world.

You could also spread the love by sharing this fun video with a friend.



# 5 KEYS TO HAPPINESS

An evidence-based framework to improve wellbeing.



## 1 / LOOK INSIDE

Inspire self reflection,  
focusing, being quiet, self calming



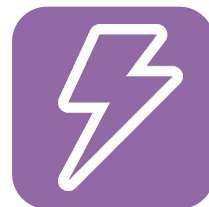
## 2 / MOVE OUTSIDE

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