

Wellbeing Guide

Issue #31

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

Take a few minutes to relax and self-calm with this [Moon Meditation](#) by Moovlee. It includes gentle movements to stretch the back, neck and shoulders.

You could also try this before bed for a more restful night's sleep.

KEY 2 / MOVE OUTSIDE

[Dice Roll & Run](#) is a fast-paced game that can be played indoors or outside. All you need is six random objects, a dice and some space for moving around!

If you don't have a dice you can print and cut out this [template](#).



KEY 3 / SHARE MORE

Check out [Language Learners Español](#) for 5-minute beginner Spanish lessons, from colours and shapes to seasons of the year.

Did you know that Spanish is the second most spoken language in the world?



KEY 4 / BE CURIOUS

It's [British Science Week](#) and the theme is 'Innovating for the future'. Unleash your inner scientist by experimenting with these simple [activities](#).

Why not enter the Science Week [poster competition](#) too?



KEY 5 / BE KIND

One simple way to show kindness to others is to thank them for being great! Why not colour in one of these [cards](#) and send it to a friend, teacher or parent?

For a double dose of kindness, thank them in person too!



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