

Wellbeing Guide

Issue #32

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

Feelings are a lot like colours, each one is unique but all are welcome. This calming [Colour Breathing](#) meditation can help you relax and notice how you feel.

If you enjoyed it, check out the whole mindfulness mini-series [here](#).

KEY 2 / MOVE OUTSIDE

This [Creative Movement](#) activity combines exercise with teamwork as you and your partner take it in turns to mirror and respond to each other's actions.

Why not play this game with music and try matching your movements to the beat!



KEY 3 / SHARE MORE

Mad Libs is a storytelling game where you use your imagination to fill in missing words to create a hilarious story. Try it out with these [animal-themed Mad Libs](#).

It's even more fun playing this game with others and reading the answers aloud!



KEY 4 / BE CURIOUS

Spring is nearly here which means new flowers are blooming outside. Discover the art of [Flower Pressing](#) so you can enjoy their beauty all year long.

You could also use your pressed flowers to make cards, pictures or [bookmarks](#)!



KEY 5 / BE KIND

Show yourself kindness by making some healthy meals from the [Food - A Fact of Life](#) [recipe area](#). Each dish is full of nutrients to help you grow and feel good!

Remember to ask an adult for help with preparing and cooking your food.

5 KEYS TO HAPPINESS

An evidence-based framework to improve wellbeing.



1 / LOOK INSIDE

Inspire self reflection,
focusing, being quiet, self calming



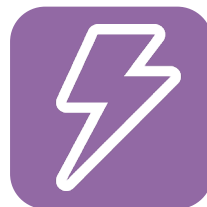
2 / MOVE OUTSIDE

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