

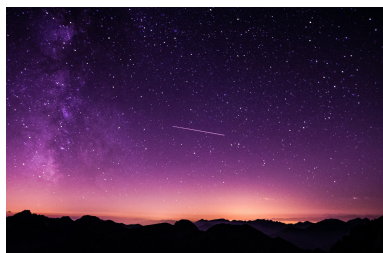
## Wellbeing Guide

### Issue #34

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

Join Bulldog, the Martian Butterfly, and friends on their adventures through the night sky to strengthen the superpower of sleep with these [mindful games](#).

Try one or all three activities before bed for a relaxing night's sleep.

### KEY 2 / MOVE OUTSIDE

Play [Four Square](#) for an active and fun way to develop your coordination. You'll need a ball, lots of space and at least four players to get started.

Don't forget to mark out your squares - you can use string, tape or even socks!



### KEY 3 / SHARE MORE

Get creative with this [Story in a Jar](#) activity. Gather your friends and take it in turns to pick a prompt and then make up an imaginative story of your choice.

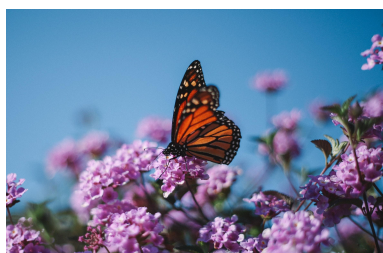
Storytelling is a wonderful way to connect with others and have fun too!



### KEY 4 / BE CURIOUS

Check out this list of the [Top 10 Science Experiments for Kids](#), including classics like the baking soda volcano! You can find instructions for each activity [here](#).

How many experiments can you complete in a month?



### KEY 5 / BE KIND

Craft a [Butterfly Feeder](#) and hang it outside to attract more butterflies and insects to your area. Butterflies keep plants and flowers alive so you'll be helping nature!

You'll need some fresh flowers so make sure to ask an adult before picking any.

# 5 KEYS TO HAPPINESS

An evidence-based framework to improve wellbeing.



## 1 / LOOK INSIDE

Inspire self reflection,  
focusing, being quiet, self calming



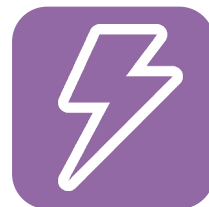
## 2 / MOVE OUTSIDE

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