

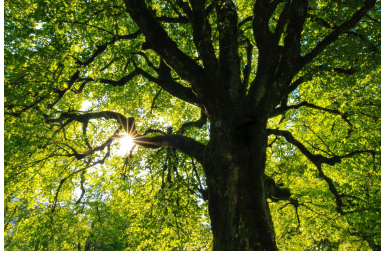
Wellbeing Guide

Issue #35

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

Try this [Like a Tree](#) guided meditation the next time you go outside to help you connect with nature and become friends with a tree!

If you don't have any trees nearby, simply use your imagination to create your own.

KEY 2 / MOVE OUTSIDE

Try these [fun walking games](#), like on-the-go poetry, I Spy and follow the leader, to add some variety and creativity to your next stroll.

You might even want to invent your own game to play on every walk!



KEY 3 / SHARE MORE

Every family is unique and special so why not celebrate your own family by creating a [Family Book](#), packed with drawings and stories of your loved ones.

Add to your family book regularly to keep track of your favourite memories.



KEY 4 / BE CURIOUS

Learn how to tell the time using just sunlight by making your very own [sundial](#), a device created in ancient times that uses shadows to show the time of day.

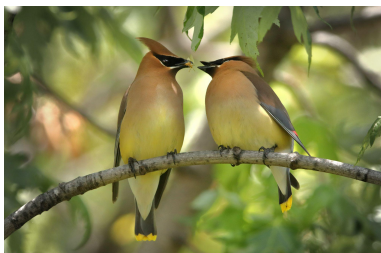
You'll need lots of light to make this work so save this activity for a sunny day!



KEY 5 / BE KIND

Watch [A Joy Story](#), a short animation that reminds us of how being kind to others encourages others to be kind back!

Once you've watched it, why not think of one kind thing you can do for a friend?



5 KEYS TO HAPPINESS

An evidence-based framework to improve wellbeing.



1 / LOOK INSIDE

Inspire self reflection,
focusing, being quiet, self calming



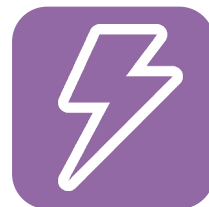
2 / MOVE OUTSIDE

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