

Wellbeing Guide

Issue #36

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 [Snake Breath](#), a simple movement and breathing exercise to feel focused, calm and energised throughout the day.

Don't worry if you feel a little silly, that's all part of the fun!

KEY 2 / MOVE OUTSIDE

Practise your speed, balance and motor skills with these [Active Board Games](#). You can choose from all your favourite classics like bingo and connect four!

For an extra challenge, why not have a tournament with your family or friends?



KEY 3 / SHARE MORE

Create a [Family Bucket List](#) to inspire you to spend time with your loved ones, try new things and make great memories for years to come.

Don't forget to photograph your adventures to look back on in the future!

KEY 4 / BE CURIOUS

Watch [The Power of Yet](#) to remind yourself why it's important to have a growth mindset - that means never giving up even when something is difficult.

When we keep trying and work hard, eventually we get things right!



KEY 5 / BE KIND

Read [The Story of the Star Thrower](#) and think of four kind things that you can do at home to be helpful and show someone you care.

Remember, every small act of kindness can make a difference in the world.

5 KEYS TO HAPPINESS

An evidence-based framework to improve wellbeing.



1 / LOOK INSIDE

Inspire self reflection,
focusing, being quiet, self calming



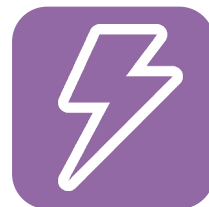
2 / MOVE OUTSIDE

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