

A photograph of a forest floor covered in bluebell flowers, with tall, thin trees standing in the background.

# INFORMATION PACK

INSIDE OUT ➔

# HAPPY CHILDREN LEARN BETTER

As we all know, the mental health and wellbeing of our children is paramount to their education and their futures.

The government is now on board too.

How ready is your school?

- Have you appointed a mental health and wellbeing lead yet?
- Do you have a strategy?
- How does it fit into daily school life and the curriculum?
- Is it a whole-school, evidence-based approach?
- Do you have training in place for your staff?
- How are you going to measure the impact?

We understand these challenges too. Inside Out is an innovative educational charity with a mission to improve the wellbeing of primary school children. We work across year groups and smaller groups of children with special educational needs.

Following the *5 Ways to Wellbeing* – an evidence-based approach to improve wellbeing recommended by the UK government – Inside Out has made this relevant and engaging for children and their teachers with what we call the *5 Keys to Happiness*.

At present, we offer the following services:

- *Magical Days Out* to kick things off at an inspiring location
- *School Toolboxes* to bring the magic into the classroom
- *Teacher Training* to embed it into the curriculum
- *Happiness Index* wellbeing tool to track the impact

Our vision is a world where the happiness of children is as important as their academic achievement. Because happy children learn better.



*Founder of Inside Out*

# 5 KEYS TO HAPPINESS

An evidence-based framework to  
improve wellbeing throughout the school.



## KEY 1 / LOOK INSIDE

Inspire self reflection, focusing,  
being quiet, self calming



## KEY 2 / MOVE OUTSIDE

Promote non-competitive  
outdoor exercise



## KEY 3 / SHARE MORE

Encourage connection, teamwork  
and communication



## KEY 4 / BE CURIOUS

Stimulate growth mindsets, exploration,  
experimentation and making



## KEY 5 / BE KIND

Support an attitude of caring for  
oneself, others and the environment

# MAGICAL DAY OUT

A transformational experience for  
10 primary school children.

£500



The magic happens at Checkendon Equestrian Centre, a British Horse Society Approved Riding School, in the Oxfordshire countryside.



The first part of the morning includes mindfulness activities that help children self-calm and accept their emotions.



The second part of the morning the children spend outside in the woods exploring, discovering and creating.



After lunch the children learn how to ride and care for horses.



The finale is a group celebration and reflection on their experience.

# SCHOOL TOOLBOX

A simple and adaptable way to bring the magic of the Days Out into schools.

£150



The box contains an activity guide, progress cards, posters and stickers.



The activity guide features over 30 exercises to develop everyday life skills.



Posters help to bring the programme to life in school.



Classes can track their progress with stickers and cards.

# TEACHER TRAINING

Supporting teachers to  
embed Inside Out into the curriculum.

from £300



Teaching teachers about the science  
behind happiness and wellbeing  
in education.



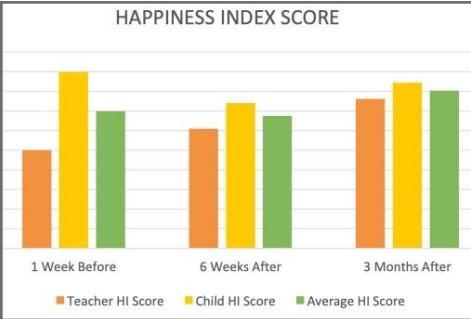
Motivating teachers to make the most  
of the Toolbox and make wellbeing  
part of every day at school.



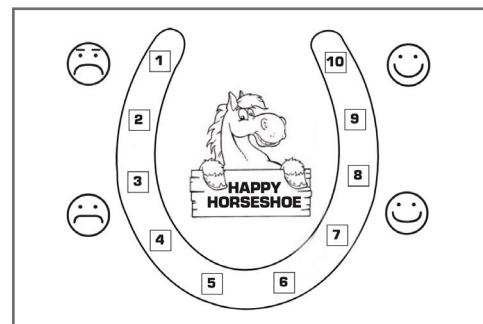
Cultivating community between schools  
around the ideas in the programme.

# HAPPINESS INDEX

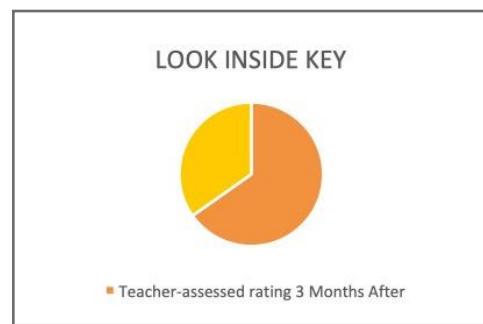
A simple measurement tool based  
on the 5 Keys to Happiness to track impact.



Teachers assess the wellbeing of children with an online form.



Self-reported wellbeing from children is gathered with our simple and engaging Happy Horseshoe form.



Our 3 month snapshot report highlights what is working and what needs improvement.

# WHAT THE TEACHERS, PARENTS AND CHILDREN SAY

“Inside Out is not something I would do if I did not believe it has a positive effect on those children who need to be more engaged in their own learning – especially those who have challenging behaviour and are at risk of exclusion at some stage of their education, or who are passive and have little or no aspirations.”

Helen Wallace, Former Headteacher  
Thameside Primary School, Reading

**“It’s about playing and learning and getting over your fears.”**

Kian, 10

“Seeing how the children change throughout the day. Confidence, focus, empathy, sensitivity, are only a few of those feelings they discover.”

Margaret Leishman, Teaching Assistant  
Hagbourne CE Primary School, Didcot

**“In my whole 8 ½ year life, it was the best day I ever had.”**

Isabella, 8

“What an amazing day the Inside Out day must have been!! My daughter has shared her experiences and favourite activities with me, which was magical. The day clearly made a huge impression on her and she thinks you should do it once a fortnight.”

Parent

**“It made me calm and it was cool to learn how your mind worked.”**

Evan, 8

# WHAT THE EXPERTS SAY

“The UK government wants every school and college to have a designated lead in mental health by 2025. The designated lead will be a trained member of staff who is responsible for the school’s approach to mental health.”

Transforming children and young people's mental health provision:  
a green paper, UK Department of Education, 2018

“Pupils are more likely to engage in lessons that focus on emotional wellbeing if they are of practical application and relevant to them.”

Public Health England, 2015

On average, SEL interventions have an identifiable and valuable impact on attitudes to learning and social relationships in school. They also have an average overall impact of four months' additional progress on attainment. Improvements appear more likely when SEL approaches are embedded into routine educational practices and supported by professional development and training for staff.

Educational Endowment Foundation

81% of young people said that they would like their school or college to teach them more about how to look after their mental health.

YoungMinds

Inspectors will make a judgement on the personal development of learners by evaluating the extent to which: the curriculum and the provider's wider work support learners to develop their character – including their resilience, confidence and independence – and help them know how to keep physically and mentally healthy.

Draft Ofsted Framework, January 2019

# CASE STUDY

Thameside Primary School  
Reading, Berkshire

We started Inside Out 5 years ago with one school, Thameside Primary School, and with the support of one teacher named Ingrid Burton, now Deputy Headteacher.

Ingrid has been a champion ever since, encouraging other teachers and schools to follow her inspiring lead.

Here are highlights of Thameside's journey with us.



Participates in 10 Magical Days Out with 100 targeted children with special educational needs.



Uses Toolbox activities regularly across school life.



Creates a new PSHE scheme of work based on our 5 Keys to Happiness.



Completes the criteria for becoming our 1st Inside Out School.



Integrates Inside Out successfully into their curriculum benefiting the wellbeing of their entire school.



# OUR IMPACT SO FAR

The Department of Education has said: "Better emotional wellbeing at age 7 is a significant predictor of higher academic progression."

The inspirational effect of Inside Out is significant and long-lasting. With a 'toolkit' of practical skills and activities, children learn how to reduce stress, find focus and increase confidence. This leads to greater resilience, helping children to feel better and learn better.

Initial findings from our Happiness Index pilot are positive:

- Sustained increase in 'Overall Happiness'
- Notable improvement in children's ability to 'Look Inside'
- Average 'Happiness Index Score' of 80/100
- Children are 'making good progress'

So far, we have worked with 8 primary schools in Berkshire & Oxfordshire.

- Magical Days Out to over 500 children
- School Toolboxes for over 300 children
- Teacher Training for over 50 teachers

**Call Annette Crewe, Programme Director on 07790 958386  
or email her at [annette@theinsideout.org.uk](mailto:annette@theinsideout.org.uk)**

*Thank you.*

A photograph showing a young man and a young boy working together to clean a horse's hoof. The man, wearing a blue t-shirt, is leaning over the horse, while the boy, also in a blue t-shirt, stands beside him, both focused on their task. The horse's hoof is being cleaned with a metal tool. In the background, there's a wooden structure and some equipment.

# TRUSTEES

**Stephanie Weissman**  
*Chair*

**Julie Carr**  
*Educational Consultant & former Headteacher*

**Mark Ellis**  
*Executive Director, International Bar Association*

**Eilish McGuinness**  
*Director of Operations, Heritage Lottery Fund*

**INSIDE OUT** ➔

[TheInsideOut.org.uk](http://TheInsideOut.org.uk)  
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