

A photograph of a forest scene. In the foreground, a dirt path leads into the distance, flanked by a dense carpet of small blue flowers. Tall, slender trees with green foliage line the path, creating a canopy overhead. The lighting is bright, suggesting a sunny day.

# INFORMATION PACK

INSIDE OUT 





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
- *Inside Out Award* to recognise schools for wellbeing excellence

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



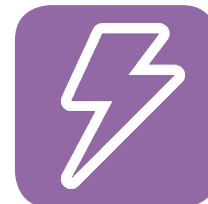
## KEY 2 / MOVE OUTSIDE

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.



**9:30am**

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



**10:00am**

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



**11:00am**

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



**1:00pm**

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



**2:30pm**

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.



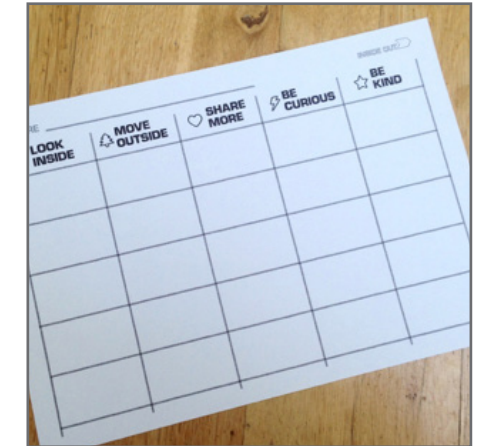
The box contains an activity guide, progress cards, posters and stickers.



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.



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



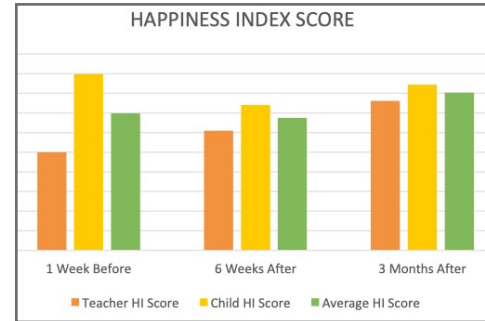
Motivating teachers to make the most of the Toolbox and make wellbeing part of every day at school.



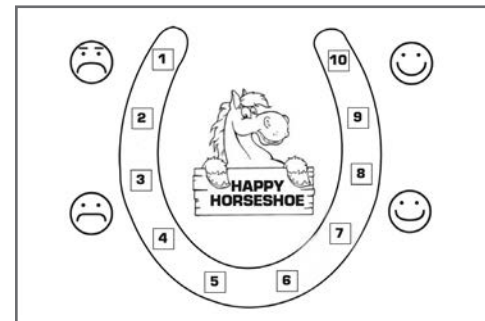
Cultivating community between schools around the ideas in the programme.

# HAPPINESS INDEX

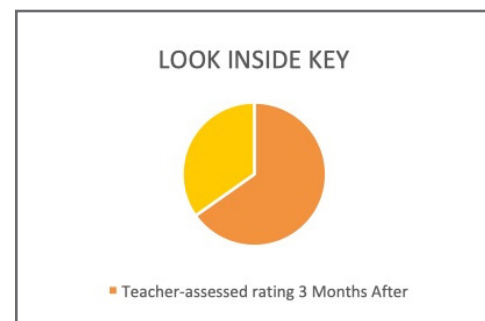
A simple measurement tool based on the 5 Keys to Happiness to track impact.



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.

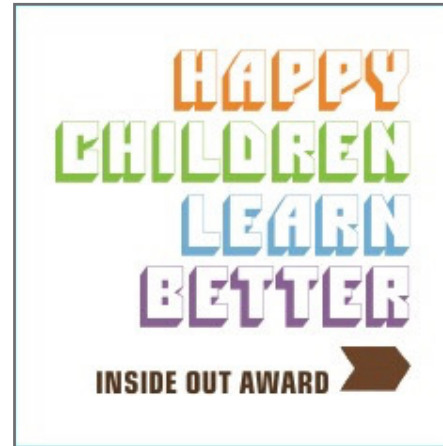


Our 3 month snapshot report highlights what is working and what needs improvement.



# INSIDE OUT AWARD

Celebrating schools that put children's happiness at the heart of school life.



Schools embed the 5 Keys to Happiness in a comprehensive way.



Tangible benefits on the wellbeing, health and learning of their children.



The whole-school community is involved in achieving the Award.



Success is celebrated through assemblies and other fun stuff.



# 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 and 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 in 2013 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 15 Magical Days Out with 150 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 to receive our 1st Inside Out Award.



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 12 primary schools in Berkshire & Oxfordshire.

- Magical Days Out for over 700 children
- School Toolboxes for over 400 children
- Teacher Training for over 100 teachers

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

*Thank you.*





# 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**

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