

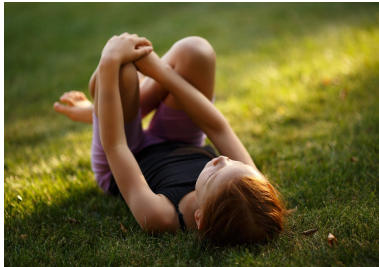
## Weekly Wellbeing Guide

### Issue #13

**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.

Below are some activities that you can do to help boost your child's wellbeing.

Have fun. Stay safe. Stay well.



#### KEY 1 / LOOK INSIDE

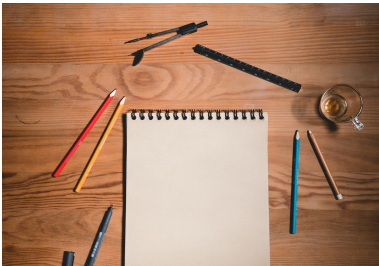
Sometimes when we feel sad or anxious, our muscles feel the same way. Join [Go Zen](#) and learn a meditation to help you relax your muscles and feel calm.

By relaxing our body, we can also relax our feelings and our mind.

#### KEY 2 / MOVE OUTSIDE

What better way to get moving than with another dance off? Get grooving to Katy Perry with [Go Noodle](#) and give us your loudest roar!

What was your favourite dance move?



#### KEY 3 / SHARE MORE

This [back-to-back drawing game](#) is great for practising communication. Simply draw a picture, describe it to your partner and have them recreate it!

Remember to listen carefully when it's your turn.

#### KEY 4 / BE CURIOUS

Old egg cartons make for great creepy crawlies, like this [Musical Grasshopper](#). Follow the instructions to make your own in just 5 easy steps!

If you're feeling creative, decorate your grasshopper with colours and patterns!



#### KEY 5 / BE KIND

Try making your own [Kindness Conversations Fortune Teller](#) to remind you why kindness is so important or use this [tutorial](#) and write your own from scratch!

Ask an adult to help you with the folding if you get stuck!

# 5 KEYS TO HAPPINESS

An evidence-based framework to improve wellbeing.



## 1 / LOOK INSIDE

Inspire self reflection,  
focusing, being quiet, self calming



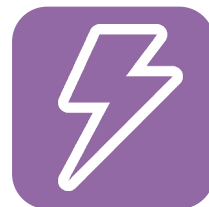
## 2 / MOVE OUTSIDE

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