

Weekly Wellbeing Guide

Issue #15

Welcome to issue 15 of the Weekly Wellbeing Guide.

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

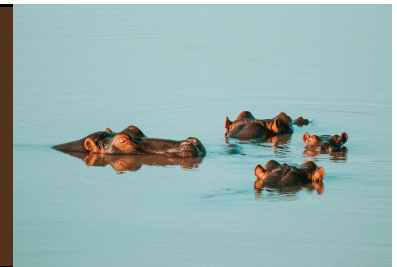
Through breathing, we can use our bodies to feel better. Why not start each day with positivity by practising [Rainbow Breath](#) with GoNoodle.

Use each breath to imagine a beautiful rainbow spreading across the sky.

KEY 2 / MOVE OUTSIDE

Join Pumbaa the warthog in this Lion King-inspired [Hippo Hops](#) activity as you navigate a mudhole to help Pumbaa reach his tasty treat!

Remember to ask an adult for permission before creating your path.



KEY 3 / SHARE MORE

Make new friends and share your stories through [#MyDearNewFriend](#) by National Literacy Trust, encouraging you to write to people living in care homes.

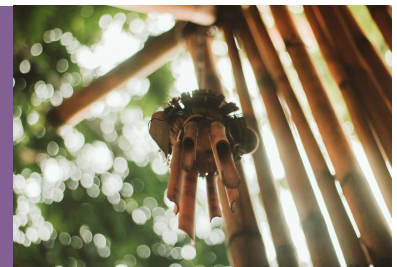
You can use the template provided or write something from scratch!



KEY 4 / BE CURIOUS

It's [Children's Art Week](#) once again and this week, why not take part in the [#BigOutdoorArtChallenge](#) by making your own [Rainbow Wind Chimes](#).

Remember to experiment with different sizes when choosing your sticks!



KEY 5 / BE KIND

Celebrating kindness is just as important as being kind so why not make this [Paper Chain of Kindness](#) to display in your home.

Write down things that you've done to remind you of your kindness.



5 KEYS TO HAPPINESS

An evidence-based framework to improve wellbeing.



1 / LOOK INSIDE

Inspire self reflection,
focusing, being quiet, self calming



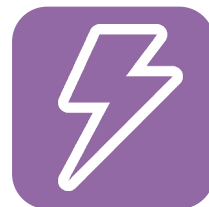
2 / MOVE OUTSIDE

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