

Weekly Wellbeing Guide

Issue #7

Next week is [Mental Health Awareness Week](#) and the theme for 2020 is **kindness**. At INSIDE OUT, we believe that being kind is key to boosting wellbeing - that's why it's one of our 5 Keys to Happiness!

Why not get a head start on the week and try out our Be Kind activity to add more kindness to your day. Make sure to look out for next week's Guide which will have more kindness-inspired activities to remind us why being kind is so important for our mental health.

Have fun. Stay safe. Stay well.



KEY 1 / LOOK INSIDE

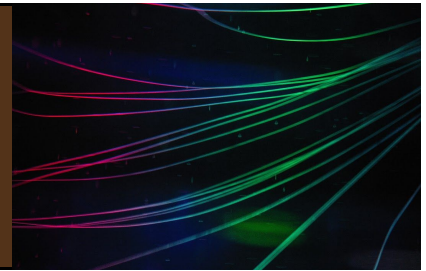
Gratitude is when we are thankful for the good things in our lives. It helps us to feel happy inside. Think of 3 good things that happened to you today.

Make sure to write them down so you can read them back at the end of the week!

KEY 2 / MOVE OUTSIDE

Channel your inner ninja and try out this [indoor laser maze](#). If you don't have any crepe paper, you could use string, wool or even loo roll!

Ask an adult to help you set up your course and remember to be safe!



KEY 3 / SHARE MORE

Writing a group story is a great way to practise teamwork and connect to others. Try this [One Word Story](#) activity and grow your idea, one word at a time.

Once finished, why not perform your story in front of your family!

KEY 4 / BE CURIOUS

Ever wondered what it's like to live in a palace? Wonder no more! Check out this virtual tour of [Buckingham Palace](#) and explore each room.

Can you imagine yourself sitting on the throne?



KEY 5 / BE KIND

Write or draw a secret kindness comment to let people know they are appreciated. All you need are some sticky notes, a pen and kind words.

Leave it on their door or somewhere they will see it and it will make their day.

5 KEYS TO HAPPINESS

An evidence-based framework to improve wellbeing.



1 / LOOK INSIDE

Inspire self reflection,
focusing, being quiet, self calming



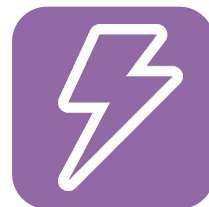
2 / MOVE OUTSIDE

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