

Wellbeing Guide

Issue #20

Welcome to the Wellbeing Guide - practical activities to boost children's wellbeing.

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.

Have fun. Stay safe. Stay well.



KEY 1 / LOOK INSIDE

Try this [activity](#) by British Red Cross to help you explore your own stress patterns and discover ways to feel better and manage stress effectively.

Remember, everyone feels stress in different ways so focus on what helps you!

KEY 2 / MOVE OUTSIDE

Head to the woods for a leaf-crunching, nature-spotting adventure using The National Trust's [Autumn Woodland Walk Checklist](#).

Did you find everything on the list? Which was your favourite?



KEY 3 / SHARE MORE

Learn more about your peers and share your own likes and dislikes by creating a Get-to-Know-Me Caterpillar - simply follow this [video](#) for instructions.

You could include your favourite food, craziest dream or funniest joke!

KEY 4 / BE CURIOUS

Ever wondered why cats hate water, who invented cars or what the sun is made of? [Colossal Questions](#) on YouTube has the answer to these questions and more.

With nearly 200 videos, you're bound to learn something new and interesting!



KEY 5 / BE KIND

Sometimes we all need a little reminder to be kind to ourselves. These [Positive Mirror Messages](#) are a great way to promote positive self-talk!

Try writing your own or use these [positive affirmations](#) for some inspiration.

5 KEYS TO HAPPINESS

An evidence-based framework to improve wellbeing.



1 / LOOK INSIDE

Inspire self reflection,
focusing, being quiet, self calming



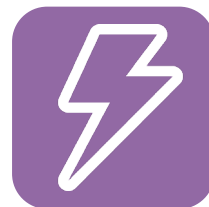
2 / MOVE OUTSIDE

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