

Wellbeing Guide

Issue #22

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

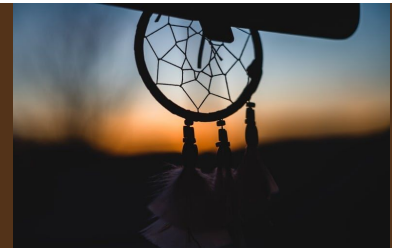
Join Jaime from Cosmic Kids in a festive winter wonderland for some high energy, [arctic-themed super yoga](#).

Make sure you have plenty of space to practise these dynamic moves!

KEY 2 / MOVE OUTSIDE

This [frozen suncatcher activity](#) is the perfect way to get outside on crisp, winter days. You could collect supplies from the garden or on a walk in your area.

Ask an adult to share your creations with us on [Facebook](#)!



KEY 3 / SHARE MORE

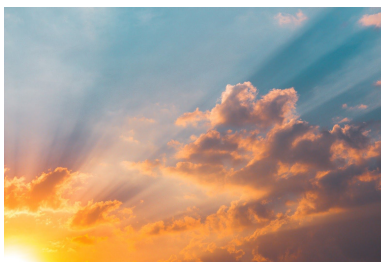
Card games are a family favourite over the holidays and a wonderful way to spend quality time with your loved ones.

Grab a deck and try one of these [classics](#) or invent your own game!

KEY 4 / BE CURIOUS

Have you ever wondered how animals stay warm in cold places? Check out the [SciShow](#) YouTube channel to find out the secrets of living in the snow.

Want to try it for yourself? Try this polar bear [blubber experiment](#) or watch it [here](#)!



KEY 5 / BE KIND

Why not make this [kindness cloud](#) for a friend or family member to let them know what your favourite things are about them.

You could also make one as a gift for yourself to celebrate what makes you great!

5 KEYS TO HAPPINESS

An evidence-based framework to improve wellbeing.



1 / LOOK INSIDE

Inspire self reflection,
focusing, being quiet, self calming



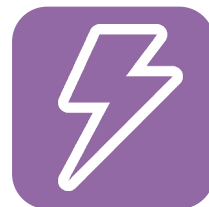
2 / MOVE OUTSIDE

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