

## Wellbeing Guide

### Issue #25

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

Did you know that colouring is scientifically proven to relax the brain? That's because it helps us to self-calm and focus on the present moment.

Try these [mindful colouring worksheets](#) whenever you need to relax and unwind.

#### KEY 2 / MOVE OUTSIDE

Check out [iMoves](#) on YouTube for lots of activities to keep you physically and mentally healthy like this [growth mindset workout](#) and [samba carnival routine](#)!

Looking to boost your brain at the same time? Try their [active maths blast](#)!



#### KEY 3 / SHARE MORE

Why not plan an [indoor picnic](#) with your family? You could build a fort, make some yummy treats and put on your favourite tunes for an extra special occasion.

Don't forget to help clear away your picnic once you've finished!



#### KEY 4 / BE CURIOUS

Discover the wildlife on your doorstep by taking part in the [Big Garden Birdwatch](#). Use [this guide](#) to get you started and count how many different birds you see!

You can also find some top tips for attracting birds to your area [here](#).



#### KEY 5 / BE KIND

Join Jaime from Cosmic Kids in this [guided meditation](#) all about loving kindness, where you will learn to think of friendly wishes for yourself and others.

By thinking kind thoughts, we can help make the world a better place.



# 5 KEYS TO HAPPINESS

An evidence-based framework to improve wellbeing.



## 1 / LOOK INSIDE

Inspire self reflection,  
focusing, being quiet, self calming



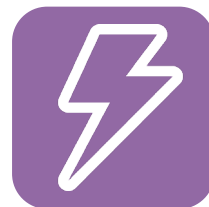
## 2 / MOVE OUTSIDE

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