

## Wellbeing Guide

### Issue #26

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

Blowing bubbles is great fun but did you know it requires a special kind of breathing, called [bubble breathing](#), that can help us relax and feel calm?

Try it out, with or without bubbles, the next time you want to chill out!

### KEY 2 / MOVE OUTSIDE

Jump rope, or skipping, is a great way to get moving and can be enjoyed indoors or outdoors. Grab a rope and try these [jump rope games](#) alone or with your family.

Why not freestyle some moves of your own?



### KEY 3 / SHARE MORE

It's [Children's Mental Health Week](#) and this year's theme is #ExpressYourself, which is all about finding ways to share how you feel through creativity.

You could write a story or poem, paint a picture or create your own dance routine!



### KEY 4 / BE CURIOUS

This week we're going prehistoric by diving into the world of dinosaurs. Craft an [origami T-Rex](#), make a [Diplodocus skull model](#) and explore the [dino directory](#)!

Can you name five different kinds of dinosaur?



### KEY 5 / BE KIND

This [Paper Chain of Kindness](#) activity is all about recognising moments in our lives where we give and receive kindness, to remind us how important it is.

Make sure to hang up your chain and add to it regularly with more kind actions!



# 5 KEYS TO HAPPINESS

An evidence-based framework to improve wellbeing.



## 1 / LOOK INSIDE

Inspire self reflection,  
focusing, being quiet, self calming



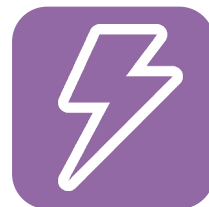
## 2 / MOVE OUTSIDE

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