

## Wellbeing Guide

### Issue #28

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

Create your very own [Peace Corner](#), a place to feel soothed and relaxed. Fill it with meaningful objects, comfy blankets and activities to help you self-calm.

Ask an adult to share a picture of your Peace Corner with us on [Facebook](#)!

#### KEY 2 / MOVE OUTSIDE

Spring is nearly here so why not take a walk outside to see how nature is changing. This [Signs of Spring list](#) will give you some ideas of what to look for!

Don't forget to take a notebook so you can write down what you see.



#### KEY 3 / SHARE MORE

Spend the day as a secret agent and write secret messages to friends and family using homemade [invisible ink](#), made from just lemon and water!

Make sure to have an adult with you when heating your paper to reveal the ink.



#### KEY 4 / BE CURIOUS

Join Peter Rabbit and friends in some [outdoor crafts](#)! You could help Mrs Tiggy-Winkle build a [hedgehog hotel](#) or make a [pinecone robin](#) for Mr McGregor.

There are 5 activity packs in total so why not complete one every week.



#### KEY 5 / BE KIND

Listen to the story [It's Okay to Make Mistakes](#) by Todd Parr to be reminded of why being kind to ourselves is about knowing that we don't need to be perfect.

You could also share it with a friend to spread the message.



# 5 KEYS TO HAPPINESS

An evidence-based framework to improve wellbeing.



## 1 / LOOK INSIDE

Inspire self reflection,  
focusing, being quiet, self calming



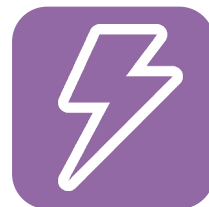
## 2 / MOVE OUTSIDE

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