

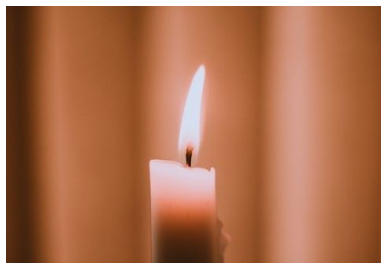
Wellbeing Guide

Issue #30

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 simple, calming mindfulness exercise, the [Candle of Concentration](#) by Cosmic Kids, anytime you want to relax and feel peaceful.

You could also try this activity before reading or writing to help you find focus.

KEY 2 / MOVE OUTSIDE

You've heard of the game Tag but have you heard of Octopus Tag or Hot Dog Tag? Try these [10 tag games](#) with your friends or family and see which you like best.

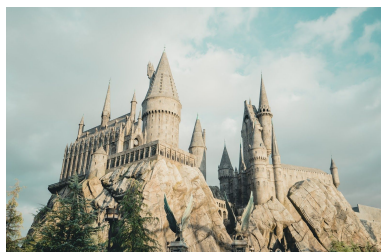
Make your games even more fun by adding silly rules, like running as a chicken!



KEY 3 / SHARE MORE

This [Hogwarts-themed virtual escape room](#) is a great way to practise teamwork. You'll need to work together with your family to solve the puzzles and escape!

You can also find more escape rooms [here](#), including a [maths-based mystery](#).



KEY 4 / BE CURIOUS

1st March was St David's Day, a day to celebrate Wales and their national flower, the daffodil. Join the celebrations by making one of these [daffodil-inspired crafts](#)!

Why not take a walk and see how many real daffodils you can spot?



KEY 5 / BE KIND

First aid is an important and kind skill to know because it means you can help yourself and others. Try learning some [basic first aid skills](#) with Operation Ouch!

You may also want to design a poster to help remember what you've learned.



5 KEYS TO HAPPINESS

An evidence-based framework to improve wellbeing.



1 / LOOK INSIDE

Inspire self reflection,
focusing, being quiet, self calming



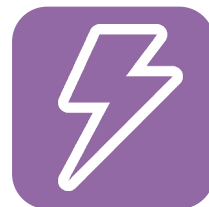
2 / MOVE OUTSIDE

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