

Wellbeing Guide

Issue #33

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 art can improve your mental health? This [Controlled Breathing Waves](#) exercise combines painting with mindfulness to provide focused relaxation.

Pencils, crayons and felt tip pens will also work for this activity.

KEY 2 / MOVE OUTSIDE

Check out this [Spring Bucket List](#) for simple springtime activities to get you moving outdoors, like planting seeds, tree spotting and going on an easter egg hunt!

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



KEY 3 / SHARE MORE

Team up with friends and family on this [Poetry Scavenger Hunt](#) where you'll need to work together to scavenge your surroundings for writing inspiration.

You can use anything for ideas so get creative and think outside the box!



KEY 4 / BE CURIOUS

What's eggshell made of? Why is it so strong? And what exactly is a membrane? Find out the answers in this fascinating [Rainbow Rubber Egg](#) activity.

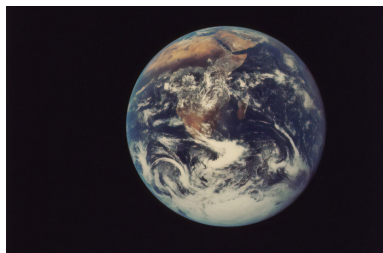
If you don't have any eggs, you could also try a similar experiment with [rocks](#).



KEY 5 / BE KIND

27 March is [Earth Hour](#), a day where people across the world switch off their lights to show they care about protecting the planet. Join in at home from 8:30pm.

Why not use your Earth Hour to stargaze or go on a nocturnal nature walk!



5 KEYS TO HAPPINESS

An evidence-based framework to improve wellbeing.



1 / LOOK INSIDE

Inspire self reflection,
focusing, being quiet, self calming



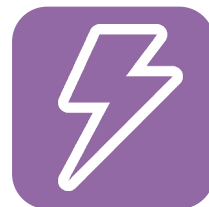
2 / MOVE OUTSIDE

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