

## Wellbeing Guide

### Issue #37

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

Help settle your body and mind before bed with this [Nighttime Meditation](#), specially created to help you have a more relaxing night's sleep.

If you enjoyed it, why not listen to the longer version for a deeper meditation.

### KEY 2 / MOVE OUTSIDE

Enjoy your local park and discover a new hobby with these [Top 10 Park Activities](#) to help you have fun and get active at the same time!

Which activity was your favourite?



### KEY 3 / SHARE MORE

Share your best memories this summer by designing your own [Postcard](#) and sending it to family and friends.

Don't forget to add a stamp if you want to post it!

### KEY 4 / BE CURIOUS

Become an intergalactic expert by learning [The Planet Song](#), a catchy tune to help you memorise the entire solar system and learn some cool facts!

Feeling confident? Try teaching the song to a friend.



### KEY 5 / BE KIND

Remind yourself to spread love and help others around you by making this [Kindness Spinner](#), a fun tool to inspire you to be kind each day.

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

# 5 KEYS TO HAPPINESS

An evidence-based framework to improve wellbeing.



## 1 / LOOK INSIDE

Inspire self reflection,  
focusing, being quiet, self calming



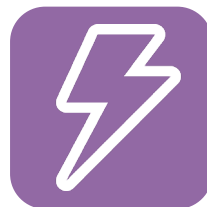
## 2 / MOVE OUTSIDE

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