

Wellbeing Guide

Issue #29

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

Make your own [Breathing Buddy](#), as suggested by Fringford C of E Primary, to help you take a few deep breaths and restore calm when you feel worried.

Get creative and decorate your buddy as your favourite animal!

KEY 2 / MOVE OUTSIDE

[Red Light Green Light](#) is a great group game to get you moving and listening carefully. You won't need any equipment, just a big open space to move around.

Mix things up by switching between crawling, hopping and running!



KEY 3 / SHARE MORE

Do you know the [Last Letter Game](#)? It's great fun but you'll need to pay close attention and listen carefully to others to stay in the game!

You could also time yourself to see how long you can keep a round going.

KEY 4 / BE CURIOUS

Fossils are special rocks made from animals and plants that lived thousands of years ago! Learn more and try creating your own with this [fossil making](#) activity.

No cookie cutters? Print out a template and use a fork to imprint the outline.



KEY 5 / BE KIND

Why not try this 30-day [Alphabet Kindness](#) challenge? You'll need to think of a kind act for every letter and then complete one each day.

If you're stuck for ideas, check the [Random Acts of Kindness](#) website for inspiration.



5 KEYS TO HAPPINESS

An evidence-based framework to improve wellbeing.



1 / LOOK INSIDE

Inspire self reflection,
focusing, being quiet, self calming



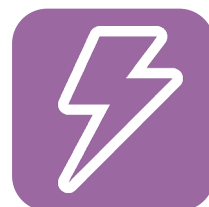
2 / MOVE OUTSIDE

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