

Wellbeing Guide

Issue #21

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

The body is a lot like a clock, sometimes it gets wound up too tight and needs help relaxing. [Let's unwind](#) with this gentle and calming movement flow by GoNoodle.

You can use this technique anytime your mind and body feels a little tense.

KEY 2 / MOVE OUTSIDE

Looking for a fun challenge? Grab some chalk and invent your own [outdoor obstacle course](#) - you'll need to hop, skip and jump your way to the finish line!

Why not time yourself and see how long it takes you to finish the course!



KEY 3 / SHARE MORE

Try these [29 Big-Hearted Questions](#) from Doing Good Together to help you have deep and meaningful conversations with your friends and family.

Did you learn anything new about the people you asked?



KEY 4 / BE CURIOUS

It's the 20th year of astronauts living and working at the International Space Station. Why not head to [Nasa Kids' Club](#) to see who's there right now!

Did you know that the Space Station is the 3rd brightest object in the sky?



KEY 5 / BE KIND

Eco-Schools have teamed up with Frugi to create [10 eco-challenges](#) to encourage you to be kind to the planet and learn more about protecting the environment.

Complete all 10 activities to become an eco-warrior!



5 KEYS TO HAPPINESS

An evidence-based framework to improve wellbeing.



1 / LOOK INSIDE

Inspire self reflection,
focusing, being quiet, self calming



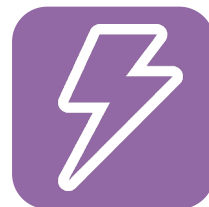
2 / MOVE OUTSIDE

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