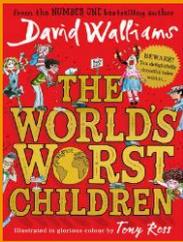


Weekly Wellbeing

The Bright Side

Celebrities are offering help during social isolation. David Walliams's is sharing a free audio story every day!



Giving is good for you

Kindness
is
Magic

It activates the areas of the brain associated with pleasure, social connection and trust.

HAPPY FACT



African Black Rhino numbers are going up



Welcome Spring!



This week we are celebrating the changing of the season; welcoming sunshine, wildlife and our beautiful natural world.

We hope you enjoy reading and remember to look after yourselves 😊 The Bucks Mind CYP Team x



Toilet Roll Bees



Save your cardboard toilet rolls and turn them into beautiful buzzing bees.

Get creative! What are you going to use to make yours?



Coloured pens, tin foil, coloured paper, string?

You could use the internet to find ideas and inspiration.



Animal Races

Hop like a bunny or frog; squat and waddle like a duck; and so on...



Wheelbarrow, crab, and bear-walk races

Holding one of these tough positions gives you a real workout.

Quote of the Week

“
Spring: a lovely reminder of how beautiful
change can truly be.
*
”



Need a pick me up?

Then Go Noodle!



Visit the Go Noodle website for MORE awesome videos

<https://www.gonoodle.com/>



Weekly Wellbeing

This Week's Recipe

Springtime Chocolate Easter Egg Nests

Preparation time: less than 30 mins
Cooking time: less than 10 mins
Serves: makes 12



Ingredients:

225g plain chocolate (broken into pieces)
1 tbsp golden syrup
50g butter
75g cornflakes
36 mini chocolate eggs

Method:

1. Line a 12-hole fairy cake tin with paper cases.
- (Ask an adult to help you with this step)
2. Melt the chocolate, golden syrup, and butter in a bowl set over a saucepan of gently simmering water (do not let the base of the bowl touch the water). Stir the mixture until smooth.
3. Remove the bowl from the heat and gently stir in the cornflakes until all the cereal is coated in the chocolate.
4. Divide the mixture between the paper cases and press 3 chocolate eggs in the centre of each nest. Chill in the fridge for 1 hour, or until completely set.

Voila! Enjoy 😊

Games!

Visit the BBC Newsround webpage and head to the puzzles tab for daily games and activities



<https://www.bbc.co.uk/cbbc/puzzles>



There are lots of changes happening at the moment. It is ok to feel worried or frustrated.

Create a 'worry jar'

Each time you feel worried or frustrated, write down/ draw your worry on a small piece of paper and put it in the jar. Then close the lid on so the worry can't get out. It can really help to write our thoughts and feelings down.

