

Weekly Wellbeing

The Bright Side

Mondays with Me
Hear stories read aloud by Michelle Obama



Bear the rescue dog saves more than 100 injured koalas



Over 100,000 Flamingos Reportedly Descend on Mumbai Amid India's Strict Coronavirus Lockdown



Hosted by the Mental Health Foundation, Mental Health Awareness Week takes place from 18-24 May 2020. This year the theme is kindness. Mental Health Awareness Week is the UK's national week to raise awareness of mental health and mental health problems and inspire action to promote the message of good mental health for all.

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

Quote of the Week

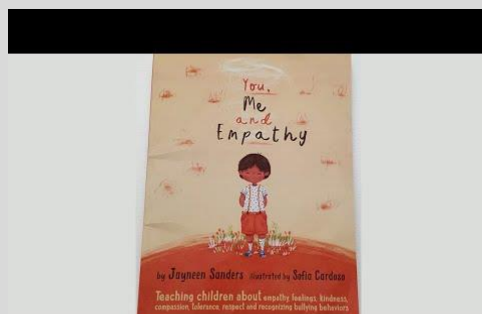


Newsround explains Mental Health Awareness Week 2020

<https://www.bbc.co.uk/newsround/52557800>



Talking about Feelings and You, Me and Empathy
By Jayneen Sanders



At Race At Your Pace, we want everyone to find a love for running, walking and activity. It's so important for everyone to be active, and we particularly want to inspire young people to get moving with one of our challenges!

<https://www.raceatyourpace.co.uk/kids/>

KIDS CHALLENGES

Under 16? We have a race for you too!



The Happy Broadcast

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

Weekly Wellbeing

Instant vanilla ice cream

Prep 15 mins/Serves 2



Part recipe, part science experiment 😊

Ingredients

300ml semi-skimmed milk

1 tbsp caster sugar

¼ tsp vanilla extract

1kg ice

6 tbsp rock salt

hundreds and thousands, to serve

2 medium zip-seal freezer bags

1 large zip-seal freezer bag

sticky tape

Method

1. Place the milk, sugar and vanilla into the doubled-up medium zip-seal bags. Close and secure with sticky tape if the seal isn't strong. Tip the ice and salt into the large bag, then place the smaller bags inside the larger one, and seal well.
2. You will need to keep the bags moving for 10-15 mins to freeze the milk. Gently throw the bag from hand to hand or take turns shaking it – it's a good idea to wear gloves to keep your hands warm! Remove the ice-cream bag, open and scoop into bowls. Sprinkle with hundreds & thousands.

Award a Place2Be Kindness Cup for MHA Week



The Place2Be Kindness Cups provide an opportunity to recognise the children, teachers, parents/carers and other individuals who have made a positive difference through their kindness at this challenging time.

Click on the link below to find out more and download your toolkit

<https://www.place2be.org.uk/about-us/news-and-blogs/2020/may/award-a-kindness-cup-for-mental-health-awareness-week/>

Some ways we can start a conversation about Mental Health with a child

- You don't seem your usual self today. Would you like to talk about anything?
- You look sad/worried today. Do you want to have a chat about it/is there anything I can do to help?
- I noticed you said something earlier about how you felt when... How do you feel about it now?

Enjoying the weekly newsletters? Let us know by clicking the feedback link:

<https://forms.office.com/Pages/ResponsePage.aspx?id=m2PRzsLrNkWUuWHRbLXGI7yvfHBe1x5BovajvXv7VzJUODIXRUIIUEVRSKZTTkZNMDBQWjFKQ0JN-NC4u>