



The Bright Side

Watch Class Dynamix nail their BGT audition with an anti-bullying hit song



The BBC's Big Night In raised a massive £67 million for different charities, with £47 million being split between Comic Relief and Children in Need, who joined forces for the first time ever.



Volunteers across the UK have collected 13 million seeds from 70 different species of tree. This will allow them to save certain trees in the UK from becoming extinct.

Weekly Wellbeing

Time to Take Notice



Let's be curious, be aware of the world around us and what we are feeling. Let's savour the moment, whether we are walking, eating lunch or talking to friends. Reflecting on our experiences will help us appreciate what matters most.

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

Quote of the Week

In all the chaos and hurry, do not forget to notice the beauty and miracle of this world. Slow down. Notice. Observe. Be aware. Allow presence and awe to come back into your life.

Brendon Burchard

Yoga and Mindfulness with Jaime at Cosmic Kids

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



MINDFUL POSING

Fun poses can help children feel strong, brave, and happy.

The Wonder Woman: this pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips.



The Superman: this pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible.

Hey Riddle Riddle

Why are teddy bears never hungry?

They come out at night without being called and are lost in the day without being stolen. What are they?

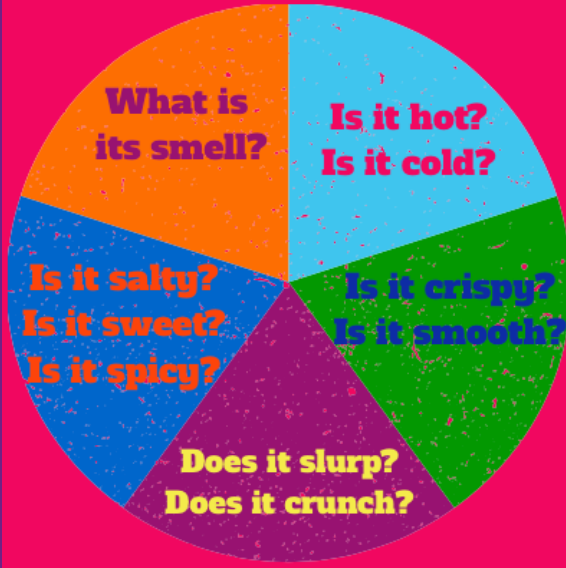
A monkey, a squirrel, and a bird are racing to the top of a coconut tree. Who will get the banana first, the monkey, the squirrel, or the bird?

What begins with T ends with T and has T in it?

(Answers revealed next week)

Weekly Wellbeing

MINDFUL MUNCHING



Fun foods to play the game with include celery, bread, grapes and avocado

Pick up a piece of food and look at it
Don't put it in your mouth just yet
What does it feel like in your hand?
What does it smell like?
Is it hot? Or cold?

Now put it in your mouth.
Is it crispy? Or smooth?
Does it slurp? Does it crunch?
Is it salty? Sweet? Spicy?

Congratulations! You just fully appreciated that piece of food. Try with some other kinds of foods. Eating is much more interesting when we pay attention to it 😊

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

<https://forms.office.com/Pages/ResponsePage.aspx?id=m2PRzsLrNkWUuWHRbLXGI7yvfHBe1x5Bovajv7VzJUODIXRUlIUEVRSkZTTkZNMDBQWjFKQ0JNNC4u>

GLITTER BOTTLE

This mindfulness activity can help to calm us when we are feeling stressed, anxious, sad or angry.

Preparation

- Fill a bottle or jar with water, leaving 2-3 cm of space at the top.
- Add a generous amount of glitter glue to the bottle (or a combination of PVC glue and regular glitter).
- Seal the bottle well

Directions

- Shake the bottle well to mix the glitter, water and glue.

Share the following words with your kids

"Imagine that the glitter is like your thoughts when you're stressed, angry or upset. See how they whirl around and make it hard to see clearly? That's why it's so easy to make poor choices when you're upset because you're not thinking clearly. Don't worry this is normal and it happens to all of us (yep, grown-ups too)."



Kids' Kitchen cookies with Juliet

