

Weekly Wellbeing

Going Up

Crayola launches
Colors of the
World crayons



June is Pride
month!

A month
dedicated to
celebrating the
LGBTQ+
communities all
around the world



The end of plastic?

A Dutch company
is developing a
100% plant-based
bottle that breaks
down in a year



A "Frozen II"
documentary is
headed to Disney+
next month



Summer is the season when nature is at its busiest best with sensational sights, smells and sounds. What better invitation to get out and enjoy the great outdoors?

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

Discuss

What have been your
highlights and
lowlights of lockdown?



How to make Slime Suncatchers

BLACK LIVES MATTER AT SCHOOL

Click the link to access FREE
DOWNLOADABLE CLASSROOM
RESOURCES

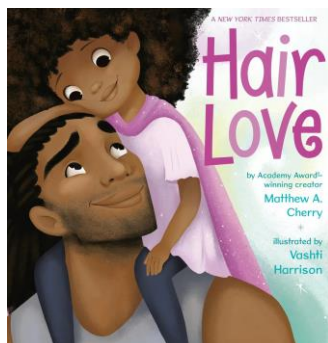
<https://blacklivesmatteratschool.com>

"What good is the warmth of
summer, without the cold of
winter to give it sweetness."

- JOHN STEINBECK,
*Travels with Charley:
In Search of America*



Books to help explain Racism and Protest to kids



<https://www.nytimes.com/2020/06/02/parenting/kids-books-racism-protest.html>

Weekly Wellbeing

Mini Milkshakes

Prep 15 mins/Serves 6

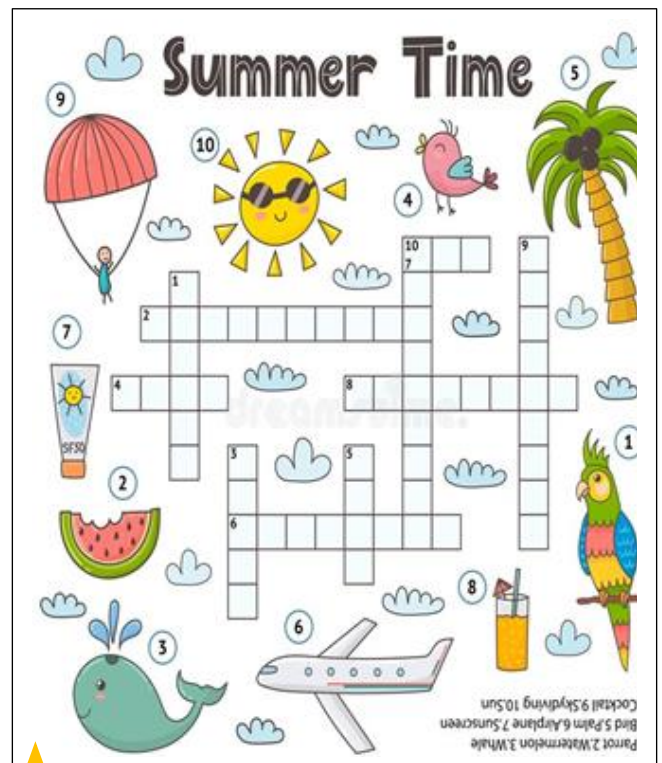


Ingredients

- 1 small ripe banana, chopped
- 400ml whole milk
- 100g natural yogurt
- 1 small punnet blueberries
- 6 strawberries, hulled
- 1 small punnet raspberries
- 120g mango chunks (fresh or frozen)
- 200ml coconut milk for drinking (or coconut kefir)
- 1/2 lime cut into wedges

Method

1. Put the banana, half the milk and half the yogurt in a blender, and blend until smooth. Pour into two or three milk bottles. Divide the blueberries between two skewers to make stirrers, then drop one into each bottle. Stir before serving.
2. Put the strawberries and six raspberries in a blender with the rest of the milk and yogurt. Blend until smooth, then divide between two small milk bottles. Push the remaining raspberries onto two skewers to make stirrers as before.
3. Blend the mango and coconut milk until smooth, then add a squeeze of lime. Divide between two milk bottles and serve with the lime wedges.



...JUST SOME JOKES...

- a) What did the air conditioning unit say to its owner?
- b) Where do sheep go on their holidays?

*Answers at the bottom of the page

Outdoor YOGA with Adriene



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

<https://forms.office.com/Pages/ResponsePage.aspx?id=m2PRzsLrNkWUuWHRbLXGI7yvfhBe1x5Bovajv xv7VzJUODIXRUIIUEVRSkZTTkZNMDBQWJFKQ0JN NC4u>

Answers: a) I'm your biggest fan b) The BAA-hamas