

▲
Going Up

Stormzy donates £10m to help tackle racism in the UK



Scotland will become the first nation in the world to put LGBTQ history and rights into the curriculum of every public school in the country

A museum in America let a group of penguins from Kansas City Zoo enjoy a field trip to walk around and look at the artwork 😊



England footballer Marcus Rashford writes a letter to MPs calling for food vouchers to carry on during the summer holidays

Weekly Wellbeing

CELEBRATING IDENTITY

Identity is a big word that can mean many different things to a person. Sometimes a person might see their **identity** as their personality, what school they go to, their ethnicity or their behaviours (to name a few). To put things in a more simplistic way – our **identity** is 'who we are'. [CLICK HERE](#) to watch Sheng as he explores the different things that create his identity.

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

EDUCATE & CELEBRATE



<https://www.educateandcelebrate.org/>

Together we can make society a more welcoming place for everyone



Personality quizzes just for fun 😊
Discover which cute animal, Greek god, or explorer you are—and more!

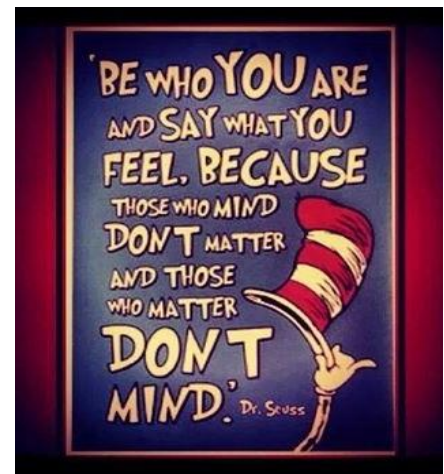
<https://kids.nationalgeographic.com/games/personality-quizzes/>



WHO AM I?

Listen to a collection of poems around the themes of identity, growing up, history and remembering.

<https://childrens.poetryarchive.org/collections/who-am-i/>



Complete the sentences

I am special because...

I feel proud when I've...

My friends think I'm awesome because...

BBC Bitesize

Class clips on respecting differences



<https://www.bbc.co.uk/bitesize/topics/z7rrd/2p/resources/1>

Weekly Wellbeing

Egg fried rice



Cooks 30-40 mins/Serves 2-4

Ingredients

200g basmati rice (or use cooked rice)

85g carrot, diced

1 tbsp vegetable oil

2 eggs

25g butter

2 large spring onions, finely sliced

1 tbsp soy sauce

85g frozen pea

Method

1. Wash the rice and cook according to pack instructions in lightly salted water with the diced carrots. About 5 minutes before it's ready, tip in the frozen peas.
2. While the rice is cooking, heat the oil in a small frying pan (about 20cm) and lightly beat the eggs with a little salt. Pour the eggs into the pan to coat the base and cook until almost set as a thin omelette - this should take about 2-3 minutes. Flip the omelette and cook for a few seconds more, then slide it out of the pan and roll it up into a sausage shape. Keep warm.
3. Melt the butter in a wok or large frying pan and sauté the spring onions for 1 minute. Fluff up the rice mixture with a fork (there should be no cooking liquid left). Tip into the wok with the soy sauce and a little salt and freshly ground black pepper, then stir fry for 2 minutes.
4. Divide half the rice between two bowls, cut the omelette crossways into strips and scatter over the top. (Keep the remaining rice in a cool place for later.)



AMAZING TEDx Talks by young people on Diversity and Inclusion



FREE E-book

I'm Calm by Jayneen Sanders 

Helping children overcome anxiety and stressful situations. Explore the website for further FREE videos, activities and discussion questions

<https://e2epublishing.info/im-calm-uk-english-version>

VISION BOARD CRAFT & QUESTIONS



- ❖ **WHAT MAKES YOU HAPPY?**
- ❖ **IF YOU HAD CONTROL, WHAT KIND OF HOME/SCHOOL LIFE WOULD YOU LIKE TO HAVE?**
- ❖ **WHAT WOULD YOU LIKE TO DO THAT YOU HAVEN'T DONE YET?**
- ❖ **WHAT KIND OF SKILLS WOULD YOU LIKE TO HAVE OR NEW ACTIVITIES WOULD YOU LIKE TO TRY OUT?**
- ❖ **WHAT ARE YOUR BIGGEST GOALS OR DREAMS?**

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<https://forms.office.com/Pages/ResponsePage.aspx?id=m2PRzsLrNkUuWHRbLXGI7yvfhBe1x5Bovajv7VzJUODIXRUIIUEVRSkZTTkZ>