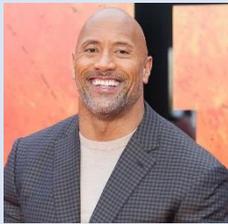




Going up



Connect with nature without leaving home



38 Celebs cheering us up during social distancing



The planet is 5% greener than it was 20 years ago!



Boss accidentally conducts Zoom meeting as a potato!

Weekly Wellbeing

Your weekly dose of goodness to help keep you happy, healthy and mentally well.

Feeling grateful...

Now is the perfect time to start thinking about what we have in our lives that we are grateful for, maybe it's the things that we often look past. We have included some great places to start when it comes to gratitude in this week's newsletter.

As always, look after yourselves and enjoy reading 😊



Some entertainment...

Check out these amazing places offering virtual tours & live cams:



The British Museum



GEORGIA AQUARIUM



Get moving!

Download Tik Tok and give this viral dance a go with your family, you can find some great tutorials on YouTube!



Need a pick me up?

Watch this hilariously heart-warming video of Olivia Colman winning the Oscar for best actress:



Quote of the week

THE MORE YOU USE
GRATITUDE EVERY DAY,
THE GREATER THE
GOOD YOU WILL BRING
INTO YOUR LIFE.

—
RONDA BYRNE

Weekly Wellbeing

This week's recipe...

Egg-free banana & choc loaf
(allrecipes.co.uk)



Ingredients:

3 medium very ripe bananas
115g caster sugar
60g melted butter
180g self-raising flour
½ teaspoon baking powder
100g choc chips, fudge or walnuts or all of them!

Method:

Pre-heat oven to 180C

Mash the bananas completely with a fork and add the sugar. Mix well.

Add the melted butter. Mix well. The mix does not have to be completely even.

Add the flour and baking powder. Mix well.

Add the chocolate chips or any of the other optional ingredients.

Pour into a greased loaf tin

Bake in the oven for about 30-40 mins. If the centre of the cake is not done but you are happy with the colour on top, leave in for an extra 10 mins but cover the top with tin foil.

Take out the oven and leave to cool for at least 30 mins. Eat warm!



The 12-day gratitude challenge

Get started on practicing gratitude!

Day 1 What are you most grateful for today?	Day 2 What 3 people in life are you grateful for?	Day 3 What movie are you most grateful for?
Day 4 What in nature are you most grateful for?	Day 5 What season are you most grateful for?	Day 6 What band are you most grateful for?
Day 7 What place have you travelled you are most grateful for?	Day 8 What trait do you have that you are most grateful for?	Day 9 What technology are you most grateful for?
Day 10 What about your home are you most grateful for?	Day 11 What skill are you grateful for?	Day 12 What food are you grateful for?

A reminder for you...



To give feedback on our resources, please follow this link:
<https://forms.office.com/Pages/ResponsePage.aspx?id=m2PRzslrNkWUuWHRbLXG17yvfHBe1x5Bovajv7VzJUODIXRUIIUEVRSkZTTkZNMDBQWjFKQ0JNNC4u>