

Quick Facts!



Human beings are the only living things which sleep on their backs



The unicorn is the national animal of Scotland



Sea Lions can dance to a beat



Some planets produce diamond rain



Blu Ivy Carter is the youngest person ever to appear on the Billboard chart

Weekly Wellbeing

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

Keep Learning

This week we're focusing on learning! Making sure that we keep learning is important for our everyday functioning, it's good for our mind's, bodies and our wellbeing. Learning new things has shown to help with stress, boost our self-esteem and encourages hope and purpose!



A quick way to learn...



Check out the Biography YouTube channel for more videos like this!

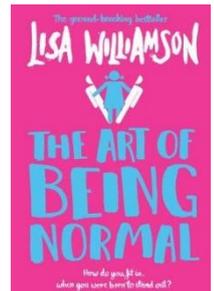
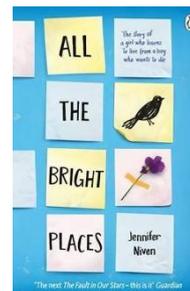
<https://www.youtube.com/user/BiographyChannel/videos>

Quote of the week

be humble,
be teachable
and always
keep learning

Some fun ways to learn & our recommendations

Books



Movies



Podcasts



Weekly Wellbeing

Let's make bath bombs!



Makes 4 half-balls
Prep 30 mins, plus 2-4 hrs. setting

100g bicarbonate of soda
50g citric acid
25g corn flour
25g Epsom salt (optional)
2 tbsp oil – such as sunflower, coconut or olive oil
¼ tsp essential oil, such as orange, lavender or chamomile
a few drops of liquid food colouring
orange peel, lavender or rose petals, to decorate (optional)

Method

1. Put the bicarbonate of soda, citric acid, corn flour and Epsom salt into a bowl. Whisk until all the ingredients are combined.
2. Pour the base oil, essential oil and food colouring in a small bowl. Mix together well, combining the oil with the colouring as much as possible.
3. Very slowly add the oil mixture into the dry ingredients a little at a time, whisking between each addition. When all the oil is added, add a few tiny drops of water and whisk again (it will fizz when you add the water, so mix it in quickly). You're looking for the mixture to slightly clump together when pressed in your hand and keep its shape – it shouldn't be too wet.
4. If you're adding peel or flower petals to decorate, drop them into the bottom of your chosen mold. Pack your mixture tightly on top, pressing down and smoothing out the top with a teaspoon.
5. Leave your bath bomb in the mold to dry for 2-4 hrs., then carefully remove it. It's now ready to drop into the bath – watch it fizz away!

VE Day 8th May 2020

As this week's theme is Keep Learning, we wanted to fill you in on Victory in Europe day which is coming up this Friday, 8th May and it's the 75th anniversary. So, what is it?

VE Day, or Victory in Europe Day, marks the day towards the end of World War Two when fighting against Nazi Germany came to an end in Europe.



The 75th anniversary will provide our nation, with an opportunity to reflect on the enormous sacrifice, courage and determination of people who saw us through this dark period

To commemorate this important time there will be a three-day international celebration that will take place from 8th May to 10th May 2020.

Need a pick me up?
An important SOS from the kids...



One last
thing...look out for
meteor showers
this week!

