



Some sunshine
in the world



The Sims 4 officially
announces Eco
Lifestyle expansion!



Find all the latest
magical treats online
at the Harry Potter at
Home Hub



New Banksy
superhero nurse
artwork left at
Southampton hospital
with a thank you
note



Nike donates tens of
thousands of shoes
they designed
exclusively for
healthcare workers



Weekly Wellbeing

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

Think positive

It can sometimes be a little bit tricky to focus on the positive but once we nail it, it can really help us to focus on what's important and what *actually* makes us happy. A positive attitude helps you cope more easily with the daily affairs of life. It brings optimism into your life, and makes it easier to avoid worries and negative thinking.

As always, happy reading & stay safe! 😊



Try this with your
family or with your
friends over video
call...

GROUP ACTIVITY — POSITIVE TRAITS —



ASK GROUP MEMBERS TO
COME UP WITH AS MANY
POSITIVE TRAITS THAT THEY
CAN THINK OF. WRITE THEM
DOWN. THEN, GIVE THE LIST OF
POSITIVE TRAITS TO EACH
GROUP MEMBER. THEIR JOB IS
TO PICK FIVE TRAITS ON THE
LIST THAT APPLY TO THE
GROUP MEMBER SITTING TO
THEIR LEFT. THEY SHOULD
EXPLAIN WHY THEY PICKED
THOSE FIVE TRAITS.

Catch up with John
Krasinski's Some Good
News where he reunited
with the US Office cast!



Positive Affirmations for Kids & Young Adults

- There is no one better to be than myself.
- I am enough.
- I get better every single day.
- I am an amazing person.
- All of my problems have solutions.
- Today I am a leader.
- I forgive myself for my mistakes.
- My challenges help me grow.
- I choose my own attitude.
- I'm choosing to have an amazing day.

Quote of the week

Positivity always wins...Always.
Gary Vaynerchuk



DIY Rainbow Candle



Materials:
Tea light candles or wax
Glass container
Non-toxic crayons
Paper cups

Instructions:

Start by removing the wax from the tea light candles and fill seven of the paper cups with the wax, each cup with about two tea light candles worth of wax

Apply a piece of scotch tape to your glass container of choice, then mark out how thick you would like each layer of colour to be, we would recommend 1cm each.

Choose which colour crayons you want to use for your candle and remove the labels from each one.

Cut up half of each crayon and separate them into the cups

Bring a pot of water to boil and place one paper cup at a time into the water, stirring at the same time, until the wax has become translucent as that is when your wax has completely melted.

Glue a thin candle or a wick to your glass container and begin to pour in your layers of wax, being extremely careful as the wax will be hot. Make sure each layer dries completely before moving on to the next.

(Remember to get help from an adult if you're not used to using your hob/stove!)



Information & Support

If you feel like you need some extra support or someone to speak to, here are some useful phonelines/websites. Remember, you don't have to be in a crisis to reach out for help.

Bucks Mental Health Advice Line - 01865 904998

Young Minds - www.youngminds.org.uk

Kooth - www.kooth.com

Childline - 0800 1111

Samaritans - 116 123

Shout - 85258 (text)

THINGS TO REMEMBER

Tomorrow is a new day

Making mistakes is part of life

Saying 'no' is okay

Not everyone has to like you

Beauty & strength come from within

