



Good News

☀ ☀ ☀ It's safe to say, we could all use some lighter news at the moment ☀ ☀ ☀

Remember to be kind to yourself, allow yourself deserved breaks and keep searching for those positives!



Neon Pink Seesaw Unites Kids at U.S.- Mexico Border - YouTube

While a wall is usually designed to keep people apart, this see-saw installation managed to bring people on both sides of the Mexico-US border together.

And now the Teeter Totter Wall has won the 2020 Beazley Design of the Year award, which is run by London's Design Museum.

Welcome to the Bright Side

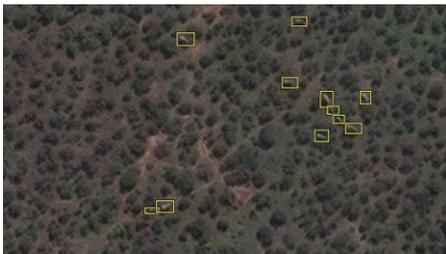
The US president Joe Biden used his first day in office to sign executive orders aimed at tackling the climate crisis.



January 6, 2021 was a historic day in the Dominican Republic's fight to protect children from violence. President Abinader approved a bill that eliminates all legal grounds for child marriage and safeguards the fundamental rights of children, particularly girls who had been vulnerable to this prevalent practice.



Elephants counted from space for conservation



<https://www.bbc.co.uk/news/science-environment-55737086>

The pictures come from an Earth-observation satellite orbiting 600km (372 miles) above the planet's surface. And scientists are using these images to count African elephants from space.

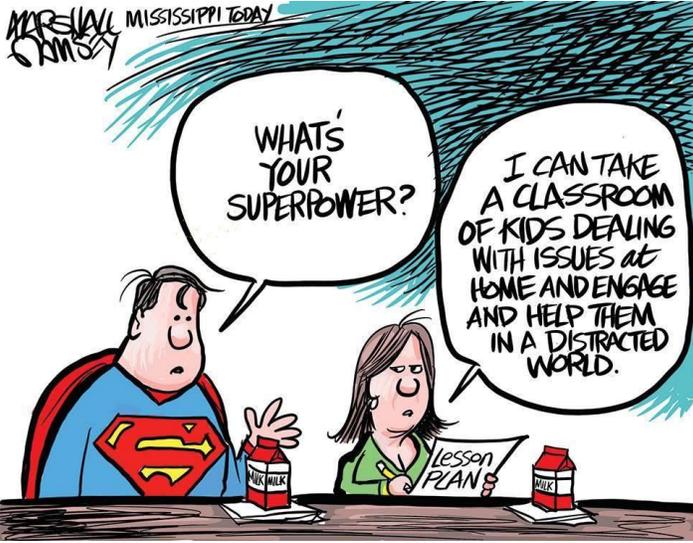
The breakthrough could allow up to 5,000 sq km of elephant habitat to be surveyed on a single cloud-free day. This approach could vastly improve the monitoring of threatened elephant populations.



Pictures emerged of jaguars prowling Argentina's Iberá Wetlands for the first time in 70 years. The big cats were driven out of the swampy region in north-east Argentina by hunters. But now they have returned after conservationists released a mother and her two cubs as part of an ongoing reintroduction programme.



Weekly Wellbeing Newsletter



Mindful Yoga in Education for the Optimal Wellbeing of Young People
Joyful Hearts, creative yoga and mindfulness for children and teens 4-21

Passionate about prioritising the health and wellbeing of all young people in an educational setting, Joyful Hearts offers somatic curriculum-driven, Mindful Yoga to all young people (aged 4-21 years) attending schools in the Marlow & neighbouring areas.

The Every Mind Matters

platform has been continuously updated to support people during the COVID-19 outbreak, and has a COVID-19 hub that includes tips and support on how to deal with change, cope with money worries and job uncertainty and how to look after your mental wellbeing while staying at home. It also includes practical tips and videos from experts on dealing with stress and anxiety, boosting your mood, sleeping better and what you can do to help others – including advice for parents and for children and young people.



Let's all help "make inside feel better"

Do something now...

Get Your Mind Plan
Answer 5 quick questions to get your free plan with tips to help you deal with stress and anxiety, improve your sleep, boost your mood and feel more in control.

[Try the quiz >](#)



Helping you | Education Support

We are your charity! As the UK's only charity providing mental health and wellbeing support services to all education staff and organisations, we are here for you.

Our free and confidential helpline is available 24/7 to everyone working in education and is available UK wide on 08000 562 561.

In uncertain times,
you're not alone.



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We'll listen.
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EMOTIONAL



SUPPORT



How and when we access the news is in our control. If the constant supply of negative world news is taking a toll on your wellbeing, it might be time to make a change. E.g., Instead of watching news programmes or listening to news briefings, you could browse online news pages, so you can select the stories you would like to read and how long you engage with it.

Find what works for you.

We would love to hear your feedback on our resources; please follow this link:

<https://forms.office.com/Pages/ResponsePage.aspx?id=m2PRzSLrNkUuWHRbLXGI7yvfhBe1x5Bovajv7VzJUODIXRUIIUEVRSkZTTkZNMDBQWjFKOQJNN>
[C4u](#)