

## Take a break, have a chill

Why not take some time each day to focus on you; your mind; your thoughts and have a little time to relax?



*It's not about winning the battle, it's about winning the war.*

**Sir Winston Churchill**

*Be the change you wish to see in the world.*

**Mahatma Gandhi**

*The most wasted of days is one without laughter.*

**E.E Cummings**

*Life changes very quickly, in a very positive way, if you let it.*

**Lindsey Vonn**

*You don't always need a plan. Sometimes you just need to breathe, trust, let go, and see what happens.*

**Mandy Hale**

*There is nothing in a caterpillar that tells you it's going to be a butterfly.*

**Buckminster Fuller**



Try these questions either on your own, or why don't you set up a household quiz and hold a tournament?! No cheating!!

Answers from before half term:

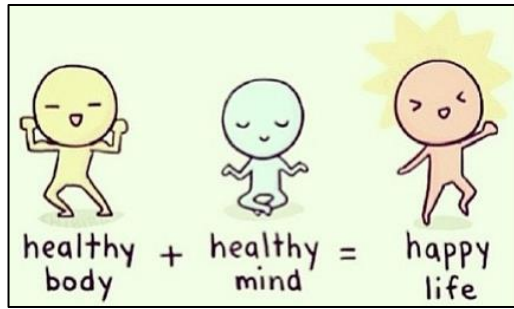
1. Which musical legend is Jay-Z married to? **Beyoncé**
2. Which British girl group had a member by the name of Mel B? **Spice Girls**
3. Which cartoon character lives in a pineapple under the sea? **Spongebob Square Pants**
4. What country is the Great Barrier Reef located in? **Australia**
5. What is the highest mountain in Great Britain? **Ben Nevis**
6. What are the four oceans called? **Arctic, Atlantic, Indian, Pacific**
7. What is Dr Who's time machine called? **Tardis**
8. What colour is a giraffe's tongue? **Dark blue/purple**
9. True or false: Antarctica is a desert? **True**
10. What colour is a polar bear's skin? **Black**
11. What is the largest planet in the solar system? **Jupiter**
12. What is the centre of a hurricane called? **The Eye**
13. What kind of creature is a Komodo Dragon? **Dragon**
14. True or false: a jellyfish is 95% water? **True**
15. The Romans came from which modern day country? **Italy**



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1. What is the longest snake in the world?
2. What is Harry Potter's middle name?
3. Which sign of the zodiac is represented by The Twins?
4. What word is used to describe a group of ants?
5. From what flower is vanilla extracted?
6. What does a cartographer make?
7. Which animal is known as the 'Ship of the Desert'?
8. Which fictional detective had a friend called Doctor Watson?
9. Which flowers are the emblems of Scotland and Wales?
10. What did Anne Frank write?
11. What is the capital city of Scotland?
12. Which Premiership Football team was leading before the Coronavirus stopped the season?
13. True or false: The giant squid has the largest eyes in the world?
14. What is the only English word to end in 'mt'?
15. True or false: Almonds are a member of the peach family?

**Answers will be revealed next week!**

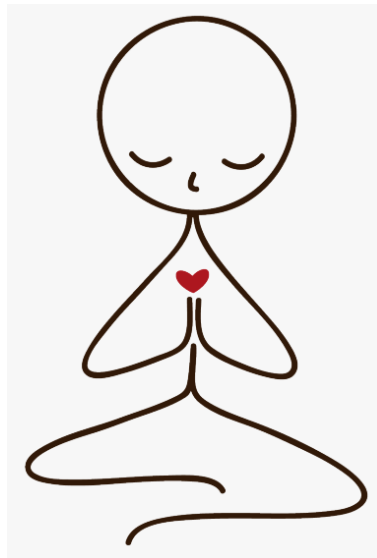


Take 10 minutes out of your day to sit down in a comfortable position and think about the questions below. Concentrate on your breathing and try to let all other stresses float away for these 10 minutes. Close your eyes if it helps and listen to some relaxing music.

How do you feel about slowing your life down?

Can you notice when your mind wanders and bring it back to the practice/present moment?

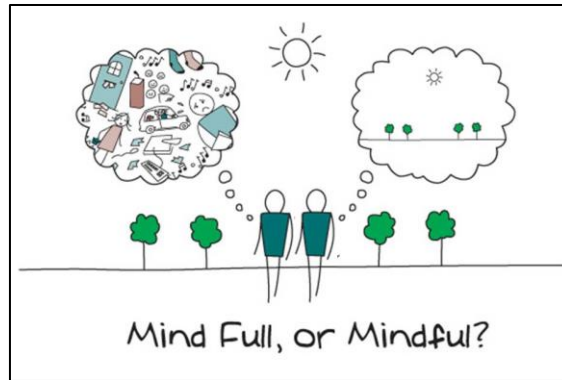
Can you just stop for a moment and just 'be'? What happens when you stop?



Are you being generous with your time? With your words? With your presence?

Where is your attention going right now?

What is your mind focussed on right in this moment?



**Why not watch some videos to clear your mind? There are some lovely ones on the links below:**

The Mindset of a Champion: <https://www.youtube.com/watch?v=HtuocZaVh7M>

Brave by Sara Bareilles: <https://www.youtube.com/watch?v=QUQsqBqxoR4>

Make the 'Ultimate Mac and Cheese' with Jamie Oliver (**be careful using sharp and hot kitchen items!**): [https://www.youtube.com/watch?v=DonJQk9\\_OBg](https://www.youtube.com/watch?v=DonJQk9_OBg)

Mental Health Minute: <https://www.youtube.com/watch?v=KSKupsrgdsI>

Animals and babies at the zoo: <https://www.youtube.com/watch?v=qdZYqewAMsl>

**Meditation** is said to clear the mind and bring a sense of calm into your life. Why not try a 10 minute meditation each day. A new video will be sent each week. This week's theme is: **Community**:

<https://www.youtube.com/watch?v=F0CbKoWOors>

**Why not try a daily activity? Some ideas are below:**

1. Make breakfast for another member of your household.
2. Draw a picture of what you see in your garden or out of your window.
3. Make sure you get 8+ hours of sleep one night. Note how you feel the next day.
4. Watch a film with a member of your household and make sure your phone is turned off when you do this!
5. Search 'Ted Talks for kids' and watch one of their inspirational videos.

And when in doubt, why not colour? A new colour sheet will be added each week – or why not do your own? Everyone is an artist of their life.

