

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?



A champion is defined not by their wins but by how they can recover when they fall.

Serena Williams

If the world was blind, how many people would you impress?

Boonaa Mohammed

Change the world just by being yourself.

Amy Poehler

You are enough just as you are.

Meghan Markle

No matter what people tell you, words and ideas can change the world.

Robin Williams

All our dreams can come true, if we have the courage to pursue them.

Walt Disney



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:

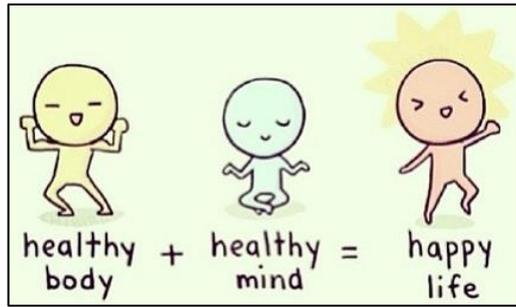
1. What animals are pearls found in? **Oysters**
2. Who was the first woman to win a Nobel Prize in 1903? **Marie Curie**
3. Which animal can be seen on the Porsche logo? **Horse**
4. How many parts does the average car have? **30,000**
5. Which country produces the most coffee in the world? **Brazil**
6. Which country invented tea? **China**
7. What other name does 'corn' go by? **Maize**
8. What is the national dish of Spain? **Paella**
9. Which country is responsible for giving us pizza and pasta? **Italy**
10. Which organ has four chambers? **Heart**
11. In which body part can you find the femur? **Leg**
12. What is your body's largest organ? **Skin**
13. Which continent is the largest? **Asia**
14. Which desert is the largest in the world? **Antarctica (although many assume it is Sahara hot desert)**
15. What is the smallest country in the world? **Vatican City**



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1. Which musical legend is Jay-Z married to?
2. Which British girl group had a member by the name of Mel B?
3. Which cartoon character lives in a pineapple under the sea?
4. What country is the Great Barrier Reef located in?
5. What is the highest mountain in Great Britain?
6. What are the four oceans called?
7. What is Dr Who's time machine called?
8. What colour is a giraffe's tongue?
9. True or false: Antarctica is a desert?
10. What colour is a polar bear's skin?
11. What is the largest planet in the solar system?
12. What is the centre of a hurricane called?
13. What kind of creature is a Komodo Dragon?
14. True or false: a jellyfish is 95% water?
15. The romans came from which modern day country?

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.

What emotions am I feeling right now, right in this moment?

Are there any parts of your body that feel relaxed?

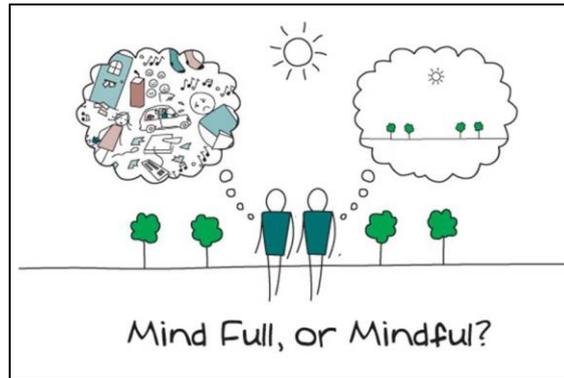
Can I accept the way I feel and notice it rather than trying to change it?



What can you smell right now? What can you touch right now?

What sounds can you hear around you? Listen to outside the room and inside the room.

What three words describe your current experiences as you sit there in this room in the silence?



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

A message from Olaf, "I am with you": <https://www.youtube.com/watch?v=evfOzPrzlu0>

You've got a friend in me: <https://www.youtube.com/watch?v=ukD8zj6ngVY>

Make Spaghetti Bolognese (**be careful using sharp and hot kitchen items!**):
<https://www.youtube.com/watch?v=XlxRKJiExRc>

Elephant pool party at Chester Zoo: <https://www.youtube.com/watch?v=OSnSSbQf9rY>

Robert Irwin tours Australia Zoo: <https://www.youtube.com/watch?v=5YBRu5JFHmw>

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: **Comfort and Care:**

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

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

1. Play a card game or a board game you haven't played in a while.
2. Sit down in a silent room and focus on your breathing for 5 minutes.
3. Email one of your teachers and say thank you for something.
4. Write down 5 things you are thankful for in your life.
5. Write a blog about something you enjoy doing.

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.

