

# 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?



*Optimism is a happiness magnet. If you stay positive, good things and good people will be drawn to you.*

**Mary Lou Retton**

*Once you replace negative thoughts with positive ones, you'll start having positive results.*

**Willie Nelson**

*Don't be pushed around by the fears in your mind. Be led by the dreams in your heart.*

**Roy T. Bennett**

*When words fail, music speaks.*

**Shakespeare**

*Focus on your strengths, not your weaknesses. Focus on your character, not your reputation. Focus on your blessings, not your misfortunes.*

**Roy T. Bennett**

*Why worry? If you've done the very best you can, worrying won't make it any better.*

**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 last week:

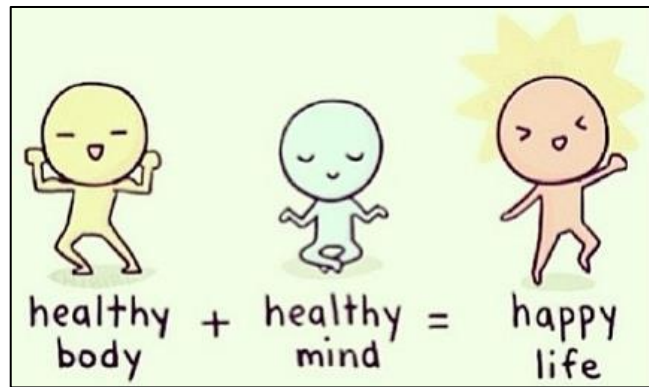
1. Is Gretna Green in Scotland or England? **Scotland**
2. Who resides in 10 Downing Street? **The Prime Minister of the UK (Boris Johnson)**
3. Which comic book company was acquired in 2009 by the Disney Corporation for \$4billion? **Marvel**
4. What is the name of the boy in the Jungle Book? **Mowgli**
5. What is the name of the horse in Toy Story? **Bullseye**
6. Which is larger a size 0 egg or a size 7 egg? **Size 0 (over 75g, a size 7 is less than 45g)**
7. What are dried plums called? **Prunes**
8. Evidence of water was discovered on which dwarf planet in 2015? **Pluto**
9. What are the 3 primary colours? **Red, yellow and blue**
10. Who discovered penicillin? **Alexander Fleming**
11. Which planet is the hottest in the solar system? **Venus**
12. What part of the atom has no electric charge? **Neutron**
13. What is meteorology the study of? **Weather**
14. Which natural disaster is measured with a Richter scale? **Earthquakes**
15. What is the symbol for potassium? **K**



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

1. What animals are pearls found in?
2. Who was the first woman to win a Nobel Prize in 1903?
3. Which animal can be seen on the Porsche logo?
4. How many parts does the average car have?
5. Which country produces the most coffee in the world?
6. Which country invented tea?
7. What other name does 'corn' go by?
8. What is the national dish of Spain?
9. Which country is responsible for giving us pizza and pasta?
10. Which organ has four chambers?
11. In which body part can you find the femur?
12. What is your body's largest organ?
13. Which continent is the largest?
14. Which desert is the largest in the world?
15. What is the smallest country in the world?

**Answers will be revealed after half term!**



**Why not keep yourself active in the house and get yourself moving? There are some links of great and fun activities to do via Youtube!**

**1. Be Military Fit, sponsored by Bear Grylls**

BMF is an organisation owned by Bear Grylls. It was set up to encourage people to be active and enjoy outdoor spaces in a different way. All their videos are ran by former or serving members of the British Armed Forces. Bear Grylls is encouraging people to be active and has posted a number of fitness videos online with the military. Why not give it a go with this home work out from instructor Gaz Wardle

[https://www.youtube.com/watch?v=1WAA\\_zsVUUc](https://www.youtube.com/watch?v=1WAA_zsVUUc)



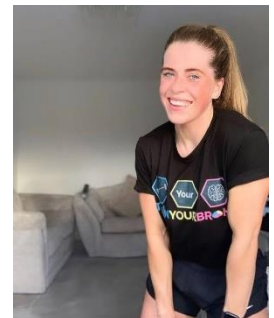
**2. Work out with Chloe Hinnigan**

Why not join Chloe Hinnigan for a 30 minute work out every Monday, Wednesday and Friday at 6pm. Chloe is Miss Hinnigan's sister and is doing workouts at home to keep people active. Did you know that even your teachers are getting involved? You can find Chloe's work outs on social media

Instagram: @chloehinniganx

Facebook: @chloehinnigan

Youtube: <https://www.youtube.com/channel/UCQI1FY6oMlpXYSchCovilfQ>

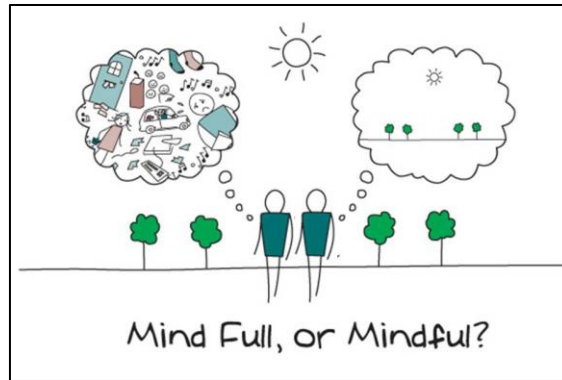


**3. Yoga**

Yoga is said to not only help your body physically, but mentally too. It reduces your cortisol levels which leads to stress by helping you concentrate on your mind and your breathing. Why not try "Yoga for teens" on Youtube to help keep those stress levels down.

<https://www.youtube.com/watch?v=7kgZnJqzNaU>





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

A message from your teachers: <https://www.youtube.com/watch?v=vBP6zfX92GQ>

Oh Happy Day, Sister Act 2: <https://www.youtube.com/watch?v=z-4mtA6Z88k>

Wonder by Emeli Sandé: [https://www.youtube.com/watch?v=kASjW\\_aPbQ&list=RD-bQdBxfuHFU&index=7](https://www.youtube.com/watch?v=kASjW_aPbQ&list=RD-bQdBxfuHFU&index=7)

Learn how to juggle: <https://www.youtube.com/watch?v=dCYDZDlcO6g>

Funny sneezing animals: <https://www.youtube.com/watch?v=9QXSvhn4ywA>

**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: **Forgetting Time:**

[https://www.youtube.com/watch?v=YF\\_P1ZzYgjA](https://www.youtube.com/watch?v=YF_P1ZzYgjA)

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

1. Create a postcard for somewhere you have previously visited.
2. Think about two role models you have in your life. Why do they inspire you?
3. Play a game that you haven't played in a while. Why not play it with members of your household?
4. Take a selfie and note down 5 things you like.
5. Stay off social media for more than 3 hours straight and keep yourself occupied.



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.

