

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?



Yesterday is history, tomorrow is a mystery and today is a gift and that is why we call it the present.

Bill Keane

The most wasted of days is one without laughter.

E.E. Cummings

Try to be the rainbow in someone's cloud.

Maya Angelou

If you are always trying to be normal, you will never know how amazing you can be.

Maya Angelou

It isn't where you came from. It's where you're going that counts.

Ella Fitzgerald

Remember, it's OK if you're struggling. It's ok if you're bored. It's OK if you're OK. It's OK if you're not OK. Be kind to yourself, be kind to others, and, remember, love wins.

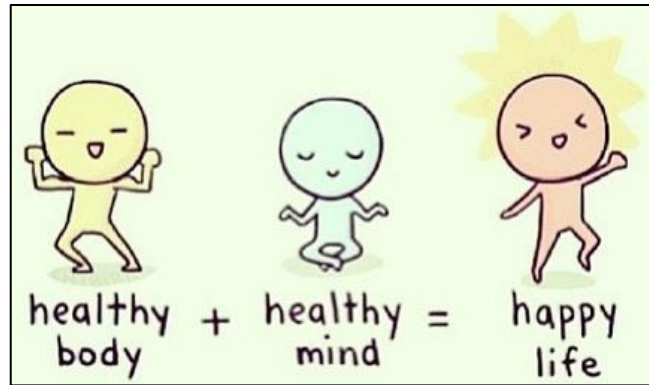
Miranda Hart



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

1. Who were Henry VIII six wives?
2. What is the world's longest river?
3. What colour is the 'black box' in an aeroplane?
4. The average person does what 13 times a day?
5. The average American does what 22 times a day?
6. Coprastastaphobia is the fear of what?
7. What is Johnny Depp afraid of?
8. What is the square root of 169?
9. Name the last 3 British Prime Ministers.
10. What is the biggest island in the world?
11. Who is the wife of Barack Obama?
12. What political party is Boris Johnson leader of?
13. Which American State is known as the 'Empire State'?
14. How many bones are there in the human body?
15. What is the capital city of Wales?

Answers will be revealed next week!



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. Dancing with Oti Mabuse

Do you like dancing, or do you just like jiving around like us teachers?! Why not look at Strictly Come Dancing's star, Oti Mabuse, and have fun learning to dance –or just watch an amazing dancer to brighten your day!

https://www.youtube.com/user/mosetsanagape/videos?view=0&sort=p&shelf_id=2



2. P.E. with Joe Wicks, the Body Coach

Fancy doing some lunges and stretches? Why not try a Joe Wicks workout? He goes live each morning to the nation via his channel...or if you fancy a lie in you can go back and do it later. Lots of Bosco staff are doing this to stay active!

<https://www.youtube.com/user/thebodycoach1>

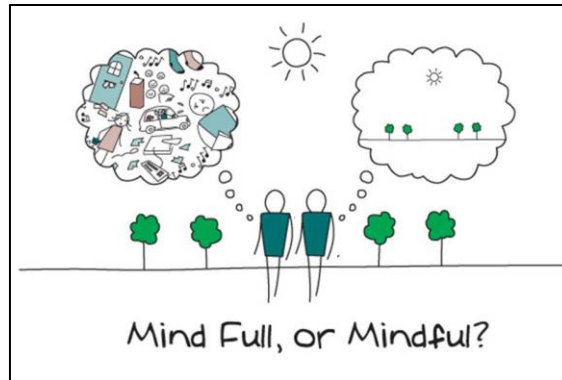


3. Yoga

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:

Motivational film: <https://www.youtube.com/watch?v=MJoczDESU24>

Cute puppies and babies together: https://www.youtube.com/watch?v=HdZ_UfnzvRQ

Cuttlefish camouflaging: <https://www.youtube.com/watch?v=pgDE2DOICuc>

Octopus dreaming: <https://www.youtube.com/watch?v=0vKCLJZbytU>

Chameleon changing colour: <https://www.youtube.com/watch?v=ioblgpA5eTo>

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: **Be Present:**

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

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

1. Leave 3 happy notes for someone else to find in your house.
2. Make a card for someone's birthday/celebration that is coming up.
3. Call a relative or a friend who is far away and have a chat with them.
4. Write down 5 things you are grateful for.
5. Research 3 jobs/career paths that interest you.

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.



QUOTE: WILLIAM W. PURKEY
ART: CAKESPY ♡ ♡ ♡ ♡ ♡