

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?



One small positive thought can change your whole day.

Zig Ziglar

Affirm the positive, visualise the positive and expect the positive, and your life will change accordingly.

Remez Sasson

Don't forget to tell yourself positive things daily! You must love yourself internally to grow externally.

Hannah Bronfman

A positive attitude gives you power over your circumstances instead of your circumstances having power over you.

Joyce Meyer

Our streets are not empty, they are filled with the love and the care that we have for each other.

Queen Elizabeth II

Never give up, never despair

Queen Elizabeth II



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:

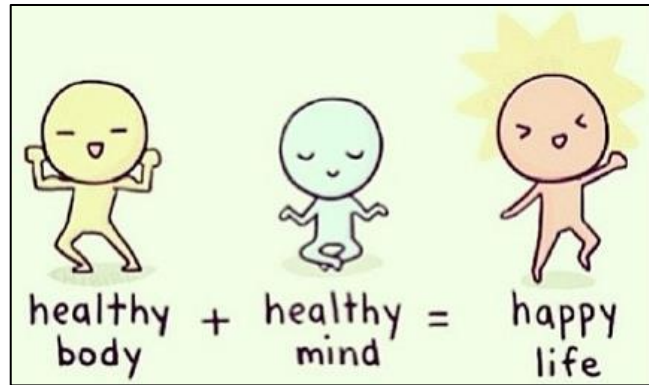
1. Name the 4 countries that make up the UK. **England, Wales, Scotland, Northern Ireland**
2. What does the term 'Brexit' mean? **Britain exiting the EU**
3. What is the meaning of a leap year? **Having a 29th February, happens every 4 years**
4. How many degrees are there in a circle? **360 degrees**
5. How many sides does an octagon have? **8**
6. What capital city is known as the city of love? **Paris**
7. Which Geoffrey Chaucer novel contains the first link between 1st April and foolishness? **The Canterbury Tales**
8. With which animal do the French best associate April Fool's Day? **Fish**
9. An infamous BBC prank suggested what food stuff now grew on trees? **Spaghetti**
10. Who signs all new bills in the UK before they become a law? **Current Monarch (at this time, Queen Elizabeth II)**
11. What is the tallest mammal in the world? **Giraffe**
12. Which city do the Simpsons live in? **Springfield**
13. What is the capital city of Italy? **Rome**
14. Who invented the light bulb? **Thomas Edison**
15. How many meters are there in a kilometre? **1,000 metres**



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1. Is Gretna Green in Scotland or England?
2. Who resides in 10 Downing Street?
3. Which comic book company was acquired in 2009 by the Disney Corporation for \$4billion?
4. What is the name of the boy in the Jungle Book?
5. What is the name of the horse in Toy Story?
6. Which is larger a size 0 egg or a size 7 egg?
7. What are dried plums called?
8. Evidence of water was discovered on which dwarf planet in 2015?
9. What are the 3 primary colours?
10. Who discovered penicillin?
11. Which planet is the hottest in the solar system?
12. What part of the atom has no electric charge?
13. What is meteorology the study of?
14. Which natural disaster is measured with a Richter Scale?
15. What is the symbol for potassium?

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!

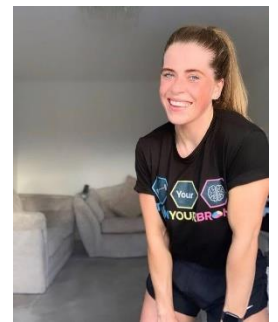
1. **Work out with Chloe Hinnigan**

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/UCQi1FY6oMlpXYSChCovifQ>



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>

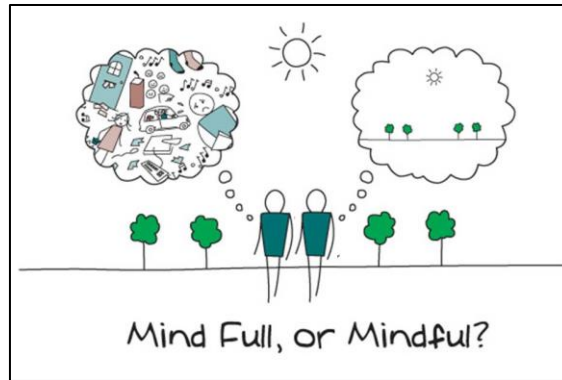


3. **Yoga**

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 by James Cordon and the Cast of *Dear Evan Hansen*:

<https://www.youtube.com/watch?v=10msPMEiCk>

Our Story in One Minute: <https://www.youtube.com/watch?v=ZSt9tm3RoUU>

The Evolution of Dance: <https://www.youtube.com/watch?v=p-rSdt0aFuw>

A summer walk around Chester Zoo: <https://www.youtube.com/watch?v=lazWaoDXeI0>

Postmodern Jukebox sing 'Young, dumb and broke':

<https://www.youtube.com/watch?v=XZEKQ22e7c8>

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: **Self Soothing**:

https://www.youtube.com/watch?v=XI_B45DpMLU

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

1. Say something positive to each member of your household today.
2. Do something helpful for a family member or friend today.
3. Do a chore in the house without being asked to do it.
4. Send a positive text to 10 of your friends.
5. Listen to your favourite song and dance around the room.

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.

