



EDITION 6

19TH JUNE 2020

STAY SAFE , STAY HAPPY , STAY TOGETHER

As we move through the month of June we are starting to see a lot of change. Lockdown is easing slightly, some of the shops are opening, some children are returning to school and adults returning to work. Change can be viewed in lots of different ways and our view can affect how we react. As we ease out of lockdown we can look ahead to a new way of life, taking advantage of the lessons we may have learnt during this alternative period of time.

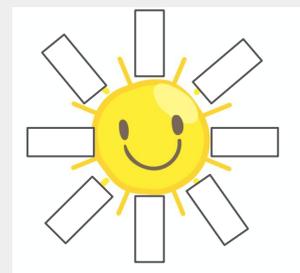
Looking at change as an opportunity , as some of our normality creeps back. We can look and decide which bits of our previous normal we would like to keep and which bits we decide we can change and leave behind.



CREATIVE CHALLENGE

Make a family kindness chart. Each member of the family has a sunshine and when they display an act of kindness colour a ray of the sunshine. Once completed chose a fun and free reward. You could have a games night or watch a movie with popcorn.

Displaying kindness can be anything : helping prepare a meal, tidying up, being grateful, going to the shops or reading a bedtime story. Lets celebrate the fact that we do all of the day to day jobs to show others we care.



Method



1. Drain and rinse peaches and place in a **blender** with raspberries. Add orange juice and fresh custard and whizz together.
2. Pour over ice, garnish with another spoonful of custard and a few raspberries. Best served chilled.



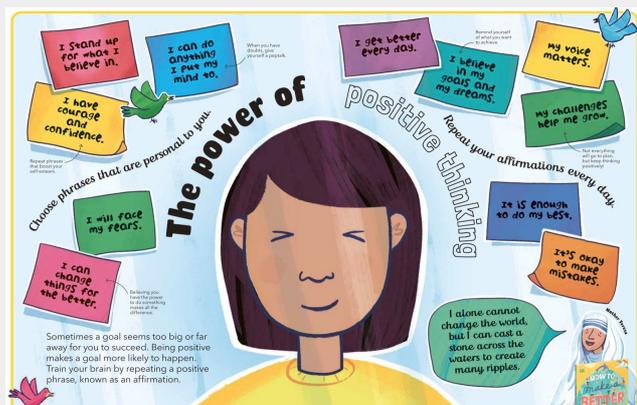
PEACH MELBA SMOOTHIE

- 410g can peach
- halves
- 100g frozen raspberry
- , plus a few for garnish
- 100ml orange juice
- 150ml fresh custard, plus a spoonful for garnish



THE POWER OF POSITIVE THINKING

In this time of change and uncertainty, positive thinking can be a really powerful way to help maintain our wellbeing. Changing our outlook can really boost our mood and the attitude we approach each day with. Try each day to start the day with a couple of positive mantras.



KEEPING ACTIVE



This week starting tomorrow is National School Sports week and even though some of you are not back at school yet they have set up a fantastic program for you to join in to keep you active at home.

If you click on the link below, If you are a parent or carer they will provide you with free and easy-to-use resources including videos to help plan your week of activities, set challenges for your families, friends and neighbours, and shout about it online. So join in the fun and keep active !!

[National School Sports Week](#)



MINDFUL MOMENT

Mindfulness can be a moment in your day but it can also be a way of life. There are probably many different tasks you do every single day on autopilot. Those tasks are wonderful opportunities to invite more mindfulness into your life!

1. You can start your day with a **breathing exercise**. Waking up 5/10 minutes early and using that time to practice a breathing exercise can help you start your day calm and clear minded.
2. Choose **one task to do mindfully in your day**. This could be Walk mindfully by listening to all the different sounds you can hear in your environment, or feeling the ground underneath your feet as you walk, or looking out for objects you've never noticed before.
3. **Feel your own emotions**. This can be a great mindfulness activity to do towards the end of the day to help you check-in with yourself and your needs. Simply ask yourself "How am I feeling right now?" and if you can, give yourself a few minutes to really observe your emotions and create space to experience them.
4. Use the **I don't know technique** When you notice yourself predicting the future, or obsessing over certain outcomes, or worrying about what's going to happen, give yourself some time to do this practice.

Observe what your mind is doing for a few moments, then in your mind, start to say the words **"I don't know what will happen and that's okay"**. explore what it's like to embrace uncertainty; to let go of the need to achieve a certain outcome and to trust in yourself that no matter what happens, it will be ok.

ONE

Start each day with a mindful breathing technique

TWO

Choose one daily task to do mindfully

THREE

Give yourself space to feel your emotions (without judgement)

FOUR

Try the "Don't Know Mind" technique