

# Weekly Wellbeing

## The Bright Side

Did you know?

When rabbits get really happy and begin to jump around - this move is called a BINKY



Peaks of the Himalayas are visible from India for first time in decades as pollution drops amid lockdown



Have FREE workouts for kids on YouTube



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



## Let's get PHYSICAL



This week we are celebrating our amazing bodies and the ability to **BE ACTIVE** in fun and creative ways - which is beneficial for both our physical and mental health.

We hope you enjoy reading and remember to look after yourselves 😊 The Bucks Mind CYP Team x

### PAINTED ROCKS



<https://www.agirlandagluegun.com/2014/05/rock-painting-summer-survival-kids-crafts.html>

### A fitness poem

Exercising in the sun,  
We're all simply having fun.  
Eating healthy every day,  
will get you fit in your own way.



COMPETITION TIME:

Write your own poem about getting active and email to:  
delphine.greene@bucksmind.org.uk

### Quote of the Week

it always seems impossible until it is done.

- NELSON MANDELA

Ever heard of a guy called Joe Wicks 😊

Click on the link below to find more Kids workouts to do at home



[Kids workouts to do at home - The Body Coach](#)

