



The Bright Side

Did you know?



Sea otters hold hands while they sleep to keep from drifting apart

Warning:

Baby Laughing Hysterically is contagious (in a good way)



Earth News

The ozone layer above Antarctica continues to heal reversing troubling changes in air currents around the Southern Hemisphere



Weekly Wellbeing

Gratitude helps us feel more positive emotions, relish good experiences, improves our health, deal with adversity, and build strong relationships.

So, this week we are celebrating all there is to be thankful for.

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

Easter Word Hunt



Look for these ten words hidden in the puzzle.

Basket Chick Dye

Bonnet Egg Lily

Bunny Hunt

Candy Parade

Quote of the Week

Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude.



AA Milne,
Winnie the Pooh

Conversation Starters

1. What is your favourite part of your home and why?
2. What abilities do you have that you are grateful for?
3. How did you help someone today?
- 4 Can you think of two things you are thankful for today and why?

The Gratitude Tree Meditation



Want to try more?

<https://www.newhorizonholisticcentre.co.uk/>

This Week's Recipe Mini Pizza Quiches

Preparation time: 10 mins

Cooking time: 15 mins

Serves: 6



Ingredients:

2 large tortilla wraps

4 eggs

chopped vegetables (optional)

6 slices salami

3 cherry tomatoes, halved, plus extra to serve

handful basil leaves

vegetable sticks, to serve

Method:

1. Heat oven to 180C/160C fan/gas 4. Using a 12cm cutter (or a small plate) cut circles from the large tortilla wraps – you should get 6. Use the circles to line 6 holes of a muffin tin, pushing them into the holes to make cases.
2. Beat the eggs and pour into the tortilla cases (you can add some chopped vegetables too, if you like). Top each case with a slice of salami and 1/2 a cherry tomato. Bake for 15 mins until the egg has set. Top with a few basil leaves, if you like, and serve with extra tomatoes and vegetable sticks.

Voila! Enjoy 😊

Perfect for sharing!

Spot the Difference

Can you race to spot all TEN?



Gratitude Collage

Gather photos or draw images of the things, people, and places that you're grateful for and create a **gratitude collage**.



Cook your favourite meal and then photograph it. Have someone take a picture of you while you carry out your favourite activity.