

Weekly Wellbeing



Going Up

Actor Kirk Douglas who died at the age of 103 gave his entire \$51 million fortune to charities.

The two-legged hound Lieutenant Dan has won the title of Cadbury Bunny.



A white Rhino Calf was born in Dublin Zoo- only 18,000 in the wild.



Diversity!

Tesco is now stocking plasters in a range of skin colours

Your weekly dose of goodness to help keep you happy, healthy and mentally well.



Hello Spring!

Although things seem a little bit cloudy in the world now, Spring has well and truly sprung! Our weekly parents' newsletter will consider how we can support our youngsters' wellbeing, but also look after ourselves at this time which is full of new challenges!

We hope you enjoy reading 😊 The Bucks Mind CYP Team x

Keep Active Together!

An activity for both parents and children of all ages to get involved it (and not just for girls!)

This Girl Can has partnered with **Disney** and real families and captured some of the ways parents and kids get moving to the songs they love.



Quote of the Week

You can cut all the flowers
but you cannot
keep spring from coming.

- Pablo Neruda

Photography challenge

Capture the daffodils, butterflies and all the other spring scenes! Work together to take a beautiful picture and we will feature our favourites next week! (All ages welcome to take part; I know I will be joining in!). Email your image, names and age of young person to

alice.moody@bucksmind.co.uk

Happy snapping!



Need a pick me up?

The best Easter bunny imposter!



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Hello Spring!

Bloom and Flow

A yoga practice to celebrate the start of spring. Does your child want to join in?



Information, Support and Advice



Family Lives has information for families in social-isolation, including advice on coping practically and emotionally during this time: talking to children about covid-19, managing conflict, working from home, planning children's day and managing anxiety and worries.



<https://www.familylives.org.uk/advice/you-r-family/family-life/coping-practically-and-emotionally-during-the-covid-19-outbreak/>

Helpline: 08088002222



Be Kind to Yourself!

Home-schooling? Key worker? There's a lot of social media posts and attention on how parents are stimulating and promoting learning right now. You may feel like you are juggling all the expectations depicted below!

Make sure your children's academic, emotional, psychological, mental, spiritual, physical, nutritional and social needs are met while being careful not to overstimulate, underestimate, improperly medicate, helicopter, or neglect them in a screen-free, processed foods-free, plastic-free, body positive, socially conscious, egalitarian but also authoritative, nurturing but fostering of independence, gentle but not overly permissive, pesticide-free two-story, multilingual home preferably in a cul-de-sac with a backyard. Also don't forget the coconut oil.



This is your reminder that everyone is in the same boat and to show yourself some compassion. Love is the most important thing.

It's Okay

- * To not know how to homeschool your own child
- * To not know how to work from home
- * To give kids more screen time than usual
- * To make a colorful daily schedule or just wing it
- * To not magically feel motivated to work out at home or take on a new hobby
- * To not feel okay

This is not normal for any of us.
Please be kind to yourself.