



## Going Up

Entertainment business owner in Cardiff has been dressing up as Disney characters

"We are just doing what we can to make kids smile."



The Urban Nature Retreat took their alpacas to the Heatherfield Care Home. Residents could wave to their visitors through their windows.



Children at a Worcester school keep in touch with care home residents via email during the coronavirus outbreak.



# Weekly Wellbeing

## Gratitude

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 - Bucks Mind CYP Team

**Gratitude** - a state of appreciation that makes us more present, open, and connected with the people around us.

### Benefits of gratitude

*University of California, Davis professor Robert A. Emmons*

"The practice of gratitude can lower blood pressure, improve immune function, and facilitate more efficient sleep.

"Gratitude reduces lifetime risk for depression, anxiety, and substance abuse disorders."


### Quote of the week



### Family gratitude practice ideas

- Gratitude collage. Cut, stick, photograph, draw the things you are grateful for. Digital or on old fashioned paper!
- Name 1 thing that was **great** about today, each day, before bedtime.
- Each family member can write one thing they are grateful for each day on a slip of paper, store in a jar/box/container and open and read together at the end of the week.

### Pick me up

Adorable rating: 10/10  
A different kind of 'home-schooling'?!  


# Weekly Wellbeing

## Gratitude yoga

This yoga practice is great for the whole body - physical and emotional. Light a candle, roll out the mat and connect to gratitude.



## DIY Pitta Pizza

The kids can make the dinner tonight... or at least help

### Ingredients

- Mini pitta or naan bread
- Pesto
- Tomato puree / tomato paste
- Any topping you like, such as: grated cheese, red onion, tomatoes, sweetcorn, peppers, olives, mushrooms



### Method

- Set out your ingredients – you might like to line a muffin tray and fill the cases with the pesto, tomato puree, cheese and veggies.
- Place the ingredients with the pitta breads or naan breads and let the kids make their own pizzas.
- Bake the pizzas on a baking or pizza tray in a preheated oven (180c / 350f) for 4 – 5 minutes.
- Allow to cool for a couple of minutes before cutting and serving.

## Information, Support and Advice

**YOUNGMINDS**  
fighting for young people's mental health

<https://youngminds.org.uk/find-help/for-parents/>

Information for parents on a range of wellbeing issues, including supporting young people during the COVID-19 pandemic.

Parent Helpline: 0808 802 5544 (Monday to Friday 9.30am – 4pm) for confidential and expert advice.

**awa** supporting women and children against domestic violence

Aylesbury Women's Aid

<https://www.aylesburywomensaid.org.uk/>

Supporting woman and children against domestic violence.

Helpline: [01295 437777](tel:01295437777)

## Reminder...

WHATEVER YOU  
HAVE MANAGED  
TO DO TODAY,  
IS ABSOLUTELY  
MORE THAN  
ENOUGH.

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