

Weekly Wellbeing

The Bright Side

The New Zealand Prime Minister has reassured children that the Tooth Fairy and Easter Bunny are 'essential workers' and can continue their work.

PODCAST

Dr Ranj answers your questions about Coronavirus – click on the link below to LISTEN



<https://www.globalplayer.com/podcasts/42KrTL/>

The company Crocs are donating free footwear to healthcare workers in the US



Doing good does you good



This week, we are recognising the joy of *giving back*. Evidence shows that helping others is beneficial for our own mental health and wellbeing. It can help reduce stress, improve emotional wellbeing and even benefit our physical health.

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

ABC Scavenger Hunt

Race around the house with a basket, collecting items that start with each letter of the alphabet (A for apple, B for Bags, C for Crayola, etc) - *Set a timer to race against others



Build a fort

Work with others to gather things from around the house and get building. Watch the video above for fort building inspiration 😊

Quote of the Week

"WE CAN'T HELP EVERYONE BUT EVERYONE CAN HELP SOMEONE."
~ RONALD REAGAN
Asai

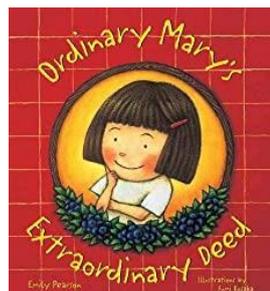
Fancy Some Good News...?

We'll look no further, actor John Krasinski is sharing heartwarming news stories from around the world every week to lift our spirits



KINDNESS 15 Books & Videos for the Classroom

*Proud to be PRIMARY



<https://proudtobeprimary.com/kindness-books-and-videos-for-the-classroom/>

Weekly Wellbeing

Nachodums

Tex-Mex favourite nachos, gets an Indian makeover which everyone can enjoy!

Prep: 15 mins Cook: 5-7 mins Serves: 4-6



Ingredients:

- 2 large tomatoes, deseeded and finely chopped
- 1 small red onion, finely chopped
- 1 red chilli, deseeded and finely sliced
- 1 tbsp vegetable oil
- 225g paneer, cut into chunks
- 200g natural yogurt
- $\frac{1}{2}$ cucumber, finely chopped
- $\frac{1}{2}$ small pack mint leaves only, roughly chopped
- 100g poppadums, crushed
- 4-6 tsp mango chutney

Method:

1. Combine the tomatoes, onion and chilli with some seasoning in a bowl to make a salsa, then set aside.
2. Heat the oil in a frying pan, then fry the paneer on both sides until golden.
3. Make a raita by combining the yogurt, cucumber and most of the mint, then season with some salt.
4. Put the crushed poppadums in a large dish, pour the raita over, followed by the salsa, then top with the paneer. Dollop spoonfuls of chutney over, scatter over the remaining mint and dig in.

KIND ACTS BINGO

Picked up litter on a walk	Wrote a thankyou note to a key worker
Checked in with a friend	Offered help to a /family member or neighbour
Did at least 30 minutes of exercise	Asked someone about their day

Why not make your own kindness bingo board for the week - then cross off actions as you complete them?



CAN YOU MAKE AND FILL A BUCKET?

A **bucket filler** is someone who uses acts of **kindness** to make another person feel better. This could be anything! A **bucket filler** could say a kind word to someone who looks sad or they could help a person in need. Being a **bucket filler** can be as simple as smiling at someone! Can you fill a bucket?

Enjoying the weekly newsletters?

Let us know by clicking the feedback link below:

<https://forms.office.com/Pages/ResponsePage.aspx?id=m2PRzLrNkWUuWHRbLXGI7yvfHBe1x5Bovajvxv7VzJUODIXRUIIUEVRSkZTTkZNMDBQWjFKQOJNNC4u>

