

BELIEVE - EVOLVE - ENRICH - SUPPORT

BGS BEES!

KEEPING BGS BUSY

HAPPY SONGS

THROWBACK LIVING ROOM DANCE PARTY

1. Dancing Queen—ABBA
2. I Wanna Dance With Somebody—Whitney Houston
3. Mr Brightside—The Killers
4. Going Underground—The Jam
5. Shut Up and Dance With Me—Walk the Moon



GOOD NEWS

Aquariums and zoos around the world have set up livestreams so that a whole host of animals are virtually there to keep you company during social distancing. From Giant Pandas to Beluga Whales, follow this link to find all the animals you can watch live...

<https://www.goodnewsnetwork.org/10-animal-livestreams-to-enjoy-during-social-distancing/>



KEEP BUSY

Get busy in the kitchen! With an adult's permission, see what you can make with the following ingredients...



Onions and Tinned Tomatoes

(Swap out for ingredients you have/like if necessary!)

PE CHALLENGE JOKE

Just in case you missed it, attempt any of these challenges to keep active. If you've already done them, have another go and see if you can improve!

How many tickles does it take to make an octopus laugh?

Ten tickles.



MINDFUL MOMENT

Feeling stressed? Bored? Anxious? Try to spend a Mindful Moment calming down by using these exercises.

Sit down and get yourself comfortable, close your eyes and focus only on your breathing. This Mindful Moment is called 'Notice the Good', it requires you to focus on all the good things around you. Once you feel calm, and have focussed only on breathing for at least a minute, start to make a list in your head of all the good things in your life. These might be people, memories, foods you enjoy, places you like to be, emotions, activities, or animals. Try to make your list as long as you possibly can, recognising all the good things in your life.

Want to keep your list? Once you've created a mental note of all the good things in your life, write the list down and keep it somewhere safe, like beside your bed. That way, if you're feeling overwhelmed again, you can return to your list.

RANDOM ACT OF KINDNESS

Call an elderly relative, neighbour, or family friend. Ask them to tell you about their favourite memories. You will find out so much about the person, and brighten their day as you allow them to reminisce about happy memories.

CREATIVITY

Macramé is a textile craft based on knotting strings in patterns to make everything from the classic plant hanger to bags, necklaces and wall hangings.

Get started by learning the 7 basic knots needed for Macramé here:

<https://www.prima.co.uk/craft/a30497551/macrame/>



TRY THIS

MADAGASCAR 3

The wacky zoo stowaways are still trying to get home to New York. Their adventure takes them to Monte Carlo where they find the perfect cover: a travelling circus.

BBC ONE

Sunday 29th March 15:30



'DO NOT FORGET SMALL KINDNESSES AND DO NOT REMEMBER SMALL FAULTS' Chinese Proverb