

- BELIEVE - EVOLVE - ENRICH - SUPPORT -

# BGS BEES

KEEPING BGS BUSY!

## KEEP BUSY

Create a time capsule to record your feelings during this time. You might put together a box of items to look back on, perhaps you could include photos, mementos, or pieces of work you have completed. Alternatively, you could create a video journal, to look back on this experience. To get you started, here is a list of questions, to help you reflect on your emotions and experiences during this difficult time:

1. What is the date and where are you?
2. What is some recent information that you can share about what is happening with the pandemic?
3. How do you feel right now?
4. What do you think about how it is being handled locally, nationally or internationally?
5. How has this affected your work or school?
6. What is something positive that has come from this experience for you?
7. What are you doing to pass the time?
8. What do you miss most right now?
9. What is the first thing you'd like to do when this is all over?
10. What are you most worried about?

## GOOD NEWS

Three colonies of bees that survived the devastating fire of the Notre Dame cathedral in Paris are "thriving", their keeper has confirmed. The population, which is thought to number 30,000-45,000 bees across three hives, have been living in the rafters of the cathedral since 2013. They miraculously survived the fire in April 2019. Beekeeper, Sibyle Moulin, had struggled to visit the hives in the latter part of 2019 because access to the damaged building was restricted. But she has since been able to check on the bees and has confirmed that they are doing well and preparing to produce honey this summer.

<https://www.theguardian.com/environment/2020/jan/31/they-survived-fire-and-lead-poisoning-so-what-happened-next-to-notre-dames-bees-aoe>



## PE CHALLENGE

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!

1. <https://www.darebee.com/workouts.html> - Pick 6 activities and do each for 30 seconds with a 15 seconds rest. Repeat 3 times with 1 minute rest in between each set.
2. Fine motor skills challenge. Who can make the best paper aeroplane? Make a paper aeroplane and fly it. Who's plane will fly the furthest?
3. <https://www.youtube.com/watch?v=z6JgP219T8> - Get ready to turn your world upside down! Do as many handstand press ups as you can throughout the day. Make sure you're putting something soft under your head! This is a difficult one, so do press-ups if this is too hard.
4. Get creative! Find a song and create your own dance. Get your family members to copy your choreography!
5. Get jumping for joy! Challenge time. How many tuck jumps can you do in 45 seconds? Make sure your knees come to your chest! Are you going to be the best jumper in your family?

## LAUGH

Why did the scarecrow win an award?

Because he was outstanding in his field.



## HAPPY SONGS

### UPBEAT ALTERNATIVE

1. Radar Detector-Darwin Deez
2. Not Nineteen Forever- Courteeners
3. T-Shirt Weather- Circa Waves
4. Boys that Sing- Viola Beach
5. Black and White Town-Doves

## MINDFUL MOMENT

Nothing is ever truly broken - that's the philosophy behind the ancient Japanese art of Kintsugi, which repairs smashed pottery by using beautiful seams of gold. In the 500 year old art of Kintsugi, which translates more or less as 'joining with gold', broken pottery is repaired with a seam of lacquer and precious metal. This idea of celebrating the broken pot is an extension of the idea of wabi-sabi which, in contrast to western values of perfection and symmetry, is an eastern philosophy of living that finds beauty in the damaged or imperfect. Find out more about this practice, and the philosophy it represents here: <https://www.bbc.co.uk/programmes/articles/326qTYw26156P9k92v8zr3C/broken-a-pot-copy-the-japanese-and-fix-it-with-gold> and here: <https://www.theschooloflife.com/thebookoflife/kintsugi/>



## GET CREATIVE

Set up a virtual art night with friends, or host one with your family at home. Choose a subject, perhaps create a still life display, or choose a photo of your favourite character, or choose a painting you like. Share with friends/family, and spend time, virtually with friends or in person with family, recreating the subject. Together, you draw/paint the subject. Compare your creations, and enjoy spending the time creating together! Alternatively, why not try a Bob Ross tutorial together. You can find his tutorials on Netflix and YouTube.



## BE KIND

We all get in the habit of breezing past content on social media, though it's actually worth the effort of making the Internet a positive and constructive place. Take an extra moment to show you are grateful for the inspiration, information and/or humour they provide in your life. If you get value out of something, let it be known! Simple as that.

## TRY THIS

QUIZ TIME

"THE SECRET OF HAPPINESS, YOU SEE, IS NOT FOUND IN SEEKING MORE, BUT IN DEVELOPING THE CAPACITY TO ENJOY LESS" — SOCRATES