

- BELIEVE - EVOLVE - ENRICH - SUPPORT -

BGS BEES

KEEPING BGS BUSY!

KEEP BUSY

Our local area boasts a range of beautiful wildlife and scenery, and you can use this time to become more connected with the nature around you. Now is a time to learn more about the animals and insects that may be living right outside your door. If you have a garden, you can spend more time creating some DIY bird feeders to attract birds. If you do not, you can make the most of your daily exercise by planning a walk that takes you into nature. Find out more about the walks you can follow on the county websites where you live. If you live in Lincolnshire, you can enter your postcode and plan a route from your house on a number of picturesque walks here: <https://www.lincolnshire.gov.uk/directory/42/walks-in-lincolnshire>

If you're interested in photography, the Bedfordshire and Cambridgeshire Wildlife Trust are holding a photography competition focussed on capturing the local area from home, with a prize worth £1500! Find out more here: <https://www.wildlifebcn.org/get-involved/photo-competition>

PE CHALLENGE

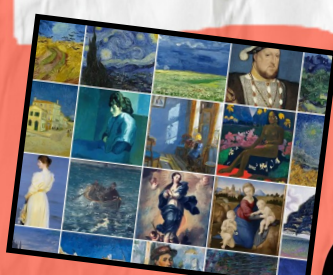
Just in case you missed it, attempt any of these challenges to keep active. If you've already done them, have another go and see if you can improve!

1. Spelling time! Follow the link and spell out your name (include your middle name if you want a challenge). <https://www.pinterest.co.uk/pin/591660469772664708/>
2. Have a go at this workout and enjoy BTS at the same time! <https://www.youtube.com/watch?v=OUBssIA6UUE>
3. Set up an obstacle course in your garden or a room in your house. Balance a toilet roll on your head and complete as quickly as possible. 10 second time penalty every time it falls off. Make the course as hard or easy as you like. Who is going to be the quickest in your household?!
4. TIMBER! It's going down. <https://www.youtube.com/watch?v=a1zQ1xOjZnk>
5. It's competition time! Remember the time you competed against your family members at the plank? It's time to try again. Will the previous victor hold onto their title?

GET CREATIVE

Visit the Google Arts and Culture website to find online galleries, virtual tours of American National Parks, vegetable themed optical illusions and so much more! Google has curated a huge collection of incredible artwork that will make you feel inspired. For example, their Colour Explorer, will allow you to look at different pieces of art grouped together by colour, exploring how impactful different colours can be.

Find it here: <https://artsandculture.google.com/>



- GOOD NEWS -

You've probably heard about the incredible work of Captain Tom Moore, the 99-year-old war veteran who has raised more than £27 million for the NHS by completing laps of his garden. His story is inspirational, and has brought joy to millions of people around the world. Find out more about Captain Moore's amazing achievement at his Just Giving page, where you can read about his life, and find a link to watch his efforts walking around his garden!

<https://www.justgiving.com/fundraising/tomswalkforthenhs>



HAPPY SONGS

FEEL INSPIRED

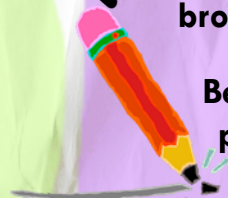
1. Everybody's Free (to wear sunscreen) - Baz Luhrmann
2. This is Me—The Greatest Showman
3. You Gotta Be—Des'Ree
4. We Are the Champions—Queen
5. Lovely Day—Bill Withers



LAUGH

Why shouldn't you write with a broken pencil?

Because it's pointless.



MINDFUL MOMENT

One of the key tenets of mindfulness is to focus our attention on a physical anchor in the present moment. Even ten minutes of meditating or mindful focus a day has been demonstrated to improve our concentration. Try this exercise to strengthen your concentration and anchor you in the moment.

- Sit somewhere comfy. On a chair is fine - you don't need to move.
- Close your eyes or blur your eyes softly.
- Notice how your feet feel against the floor.
- Then focus your attention at the tip of your nose, by the nostrils.
- Count ten breaths going in and out of the nose: 1 in... 1 out. 2 in... 2 out, and so on.
- Whenever you notice your mind has wandered off, gently bring it back and start where you left off.
- Open your eyes and notice to yourself what the experience felt like.



TRY THIS

Can you solve 'Einstein's Riddle'? This is one for the keen puzzlers, a captivating riddle which is by no means an easy solve, but worth it if you're able to find the answer! It took Mr Perez nearly an hour, with lots of scribbled workings out and an 8 mile run to clear his head before he worked out the answer, can you beat his time? Find the riddle here, and be sure to pause when the video tells you to: https://www.youtube.com/watch?v=1rDVz_Fb6HQ&list=PLJicmE8fKOEiFRt1Hm5a_7SJFaikIFW30&index=5&t=0s

Many thanks to Mayra in Year 7 for sharing this riddle!

BE KIND

This week, offer to make your family dinner, or help to cook dinner. Take it a step further, and set up the table like a restaurant, greet the diners at the door, and serve them dinner. And don't forget to wash up afterwards!



"THE MORE MAN MEDITATES UPON GOOD THOUGHTS, THE BETTER WILL BE HIS WORLD AND THE WORLD AT LARGE" Confucius