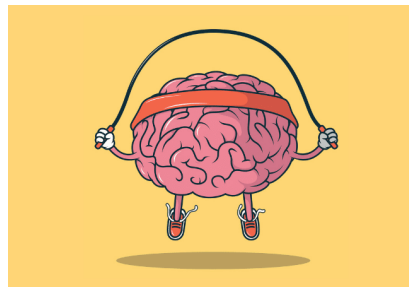


Breaks and Downtime.

Welcome to weekly wellbeing. The Bucks CYP team hope this newsletter finds you safe and healthy. This week we will be looking at ways to occupy yourself during your breaks and downtime. We all have a little more spare time at the moment and often wonder how to fill it. During home schooling, you may be finding it hard to fill your breaks and lunchtimes without your friends around. We often resort to using our phones and endlessly browsing social media. Hopefully, this newsletter will provide you with some new ways to keep your breaks and downtime positive. Best wishes for the week, Alice, Abbie, Grace and Delphine x

What Is a Brain Break?

A brain break is just what it sounds like, a break from whatever you are focusing on. Short brain breaks during work time have been shown to have real benefits. They reduce stress and frustration and increase attention and productivity.



It's OK
TO TAKE A
break



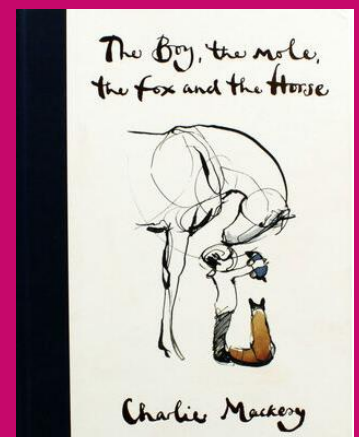
It's fun to share a good laugh, but did you know it can actually improve your health?

Enjoy this funny video of animals and send it to your friends to make them laugh too!

[TRY NOT TO LAUGH CHALLENGE ANIMALS IMPOSSIBLE CLEAN - YouTube](#)



Read of the Week



The Boy, the Mole, the Fox and the Horse
By Charlie Mackesy

5 Steps to Wellbeing

- 1) Talk & Listen, be present, feel connect.
- 2) Do what you can, enjoy what you do, move your body in some way every day.
- 3) Remember the small things in life, these can give you joy.
- 4) Keep learning, embrace new experiences, take opportunities to surprise yourself!





Dictionary Game

Take turns choosing weird words from the dictionary. Have everyone write a pretend definition and try to guess the real one.

Plank High Fives

Grab a family member and each get in plank position on your elbows. Balance on one forearm, and high-five your partner five times. Then switch sides.

Send Mail

Pick a friend or family member and write them a letter the old way. Use a pen, paper, envelope, stamp, and your brain.

Meditate

Sit somewhere quiet and breathe in for a count of four. Hold the breath for four seconds, then let it out for a count of eight. Repeat.

Brain Break and Booster Ideas

Letter to your Future Self

Write a letter to the person you'll be in five or 10 years. Tell them what life is like right now. Tell them your dreams. Keep it

Observe the World

Look out the window at everything you can see. Focus carefully on one or two specific things. Do you notice anything you didn't before?

Spa Day

Take some time for self-care. Shower or take a bath. Scrub your body. Sort your nails. Condition your hair.



We would love to hear your feedback on our resources; please follow this link:

<https://forms.office.com/Pages/ResponsePage.aspx?id=m2PRzslRnKwUuWHRbLXGI7yvfhBe1x5Bovajvxv7VzJUDIXRUIIUEVRSkZTTkZNMDBQWjFKQ0JNNC4>

FREE Virtual Mental Health Seminar for Adults

Mental Health & Wellbeing Strategies for Parents & School Staff

A talk and interactive session focusing on:

- Mental health awareness
- Children & young people's mental health & how to support them
 - Wellbeing strategies
- Signposting to both local & national organisations
 - Information on useful resources



Thursday 11th February 2021
10:00 – 11:30



RSVP to grace.oconnor@bucksmind.org.uk

(Session will be held over Zoom and link to meeting will be sent once attendance is confirmed/RSVP received)