

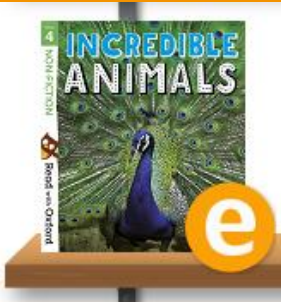
Weekly Wellbeing

The Bright Side

The BBC is showing great children's films on Saturdays, including Paddington 2 & Finding Dory!



Read 100's of books for free on the Oxford Owl website, including Biff and Chip!



Meet Penny - Alice's new Vizsla puppy!



Did you know that getting involved in the arts is good for your mental health? Don't enjoy drawing? Don't worry, there is something for everyone! It includes performing, crafts, sculpture, digital arts, dance, film, literature, music, singing, gardening and cooking!

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

Quote of the Week



Watch incredible West End and Broadway shows online for FREE!

There is also ballet/puppet shows available!



Click on the photo for the link



Tate Kids
5.07K subscribers

Subscribe to the Tate Kids YouTube page and learn how to become a designer or a performance artist!

You can also learn how to paint with chocolate and make a robot 😊



Tie dye an old t-shirt!

You will need:

1. an adult to help
2. a white t-shirt
3. rubber bands
4. fabric paint
5. marbles (optional)



3 Simple Tie Dye Techniques - Martha Stewart

cbeebies
Home

Visit the CBeebies website for games, songs & puzzles!

Weekly Wellbeing

Hungry for a snack?

Make minion food art!



Ingredients:

1. Handful of blueberries
2. Handful of sweetcorn
3. ½ mini babybel
4. 1 Bear Yoyo

Follow the video for the method:



Create your own arty snack and
send us a photo to
kat.frei@bucksmind.org.uk

Get creative in the garden!

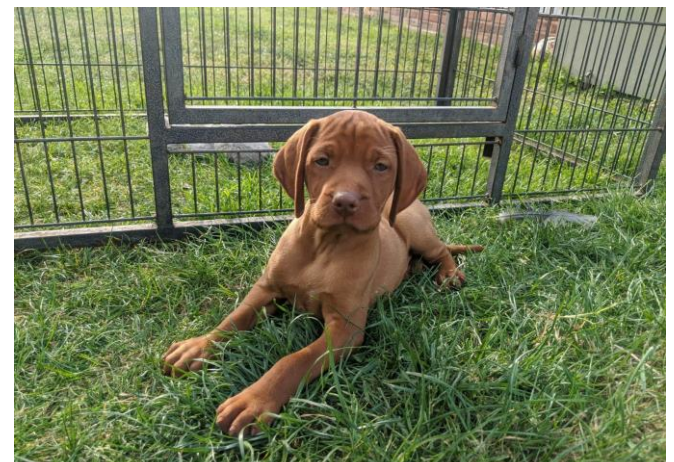
Plant some flowers in an old pair of wellies...



Or plant some seeds in an empty eggshell...



Welcome Penny! Send us your cute pet photos to
alice.moody@bucksmind.org.uk



Enjoying the weekly newsletters? Let us know by
clicking the feedback link:

<https://forms.office.com/Pages/ResponsePage.aspx?id=m2PRzsLrNkWUuWHRbLXGI7yvfHBe1x5BovajvXv7VzJUODIXRUIIUEVRSKZTTkZNMDBQWjFKQ0JN-NC4u>