

# Weekly Wellbeing





# Let's get PHYSICAL

This week we are celebrating our amazing bodies and the ability to **BE ACTIVE** in fun and creative ways - which is beneficial for both our physical and mental health.

We hope you enjoy reading and remember to look after yourselves (3) The Bucks Mind CYP Team x

### Did you know?

When rabbits get really happy and begin to jump around - this move is called a BINKY



Peaks of the
Himalayas are
visible from India
for first time in
decades as
pollution drops
amid lockdown





Have FREE workouts for kids on YouTube



### PAINTED ROCKS









https://www.agirlandagluegun.com/ 2014/05/rock-painting-summersurvival-kids-crafts.html

### A fitness poem

Exercising in the sun,

We're all simply having fun.

Eating healthy every day,

will get you fit in your own way.



#### COMPETITION TIME:

Write your own poem about getting active and email to: delphine.greene@bucksmind.org.uk

## Ever heard of a guy called Joe Wicks &

Click on the link below to find more Kids workouts to do at home



Kids workouts to do at home - The Body Coach

# Quote of the Week

italways seems impossible until it is done.

# Weekly Wellbeing



# Nutty oat energy bars

Preparation time: less than 30 minutes

Cooking time: 10-30 minutes Serves: makes 15 bars

#### Ingredients:

120g/4oz rolled jumbo oats

30g/1oz unsweetened puffed rice (not crisped rice cereal)

75g/2½oz toasted flaked almonds

25g/1oz mixed seeds

130g/4½oz stoned dates, chopped

50g/1¾oz dark chocolate chips (optional)

100g/3½oz crunchy peanut butter

90g/3¼oz honey



#### Method:

1.Line a 20cm/8in or 23cm/9in square tin with baking paper.

2. Preheat the oven to 180C/160C Fan/Gas 4.

3. Spread the oats out onto a baking tray and bake them for about 10 minutes until they smell nice and toasty. Set aside to cool. (You can skip this step, but it makes the bars crispier.)

4. Mix together the toasted oats, puffed rice, almonds, seeds, chopped dates, chocolate chips, and raisins in a large bowl.

5.Melt the peanut butter and honey together in a small saucepan over a gentle heat. Stir until the mixture is smooth and thoroughly combined. While still warm, stir the peanut butter and honey into the oat mixture (you may need to get your hands in there) to completely coat all the oats, nuts and fruit.

6. Tip the mixture into the lined tin and press firmly to make an even layer. Damp hands make this less sticky work. Place the tin into the freezer for 20 minutes to firm up before cutting into 15 bars.

Voila! Enjoy 😂

### Indoor Bowling



You will need a level space indoors to create a "bowling lane". Collect items for pins such as empty bottles or plastic cups. A small ball works best for indoor bowling.

## **Daily Fitness Challenge** for Kids

A: 10 Jumping Jacks N: 4 Lunges B: 30 Second Plank

C: Crab Walk

D: 10 Push Ups

E: 10 Sit Ups

F: 5 Cartwheels

G: Headstand

H: 4 Somersaults

I: Duck Walk

J: Jump In Air 5 Times W: Crab Walk

M: 10 Leg Kicks

0: 3 Burpees

P: 10 Second Butterfly

O: Run in Place 1 Min

R: 7 Jumping Jacks

S: 4 Leg Kicks

T: 5 Sit Ups

U: 15 Second Plank

V: 3 Cartwheels

K: Touch Toes 6 Times X: 2 Somersaults

L: Spin Around 3 Times Y: 5 Lunges

Z: Duck Walk

TRY SPELLING OUT DIFFERENT WORDS TO CREATE A NEW **WORKOUT EACH DAY** 

### Enjoying the weekly newsletters?

Let us know by clicking the feedback link below:

https://forms.office.com/Pages/ResponsePage.aspx ?id=m2PRzsLrNkWUuWHRbLXGl7yvfhBe1x5Bovajvx v7VzJUODIXRUIIUEVRSkZTTkZNMDBQWjFKQ0JNNC

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