



The Bright Side

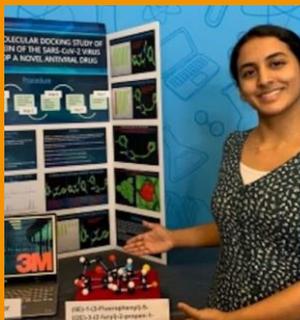
This new app helps you manage your mental health



Spider-Man: Into the Spider-Verse on Netflix very soon



14-year-old girl wins \$25,000 for a scientific breakthrough that could lead to COVID-19 cure



Weekly Wellbeing

Hello again from Bucks Mind! We LOVE autumn for many reasons but mainly for the beautiful colours of the leaves and the excuse to get cosy with a hot chocolate ☺

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

An autumnal poem



Get outside this autumn!



- Play conkers
- Go apple picking
- Fly a kite
- Collect pinecones & paint them
- Make a bird feeder
- Pick your own pumpkin
- Go on a bear hunt!

Where to visit in Bucks this autumn

Have you been to see the scarecrows at Hughenden Manor?



Or found your way through the maze at Clivedon Manor?



How about Gruffalo orienteering at Wendover Woods?



Or maybe an autumn walk at Stowe Park?



Me Time Hot Chocolate



Ingredients:

1. Hot chocolate powder of your choice
2. Milk (any type)
3. Mini marshmallows
4. Whipped cream (you could whip your own)
5. Sprinkles of your choice

Follow the instructions on your hot chocolate mix to warm up the milk with the powder (get an adult to help you with heating up).

Once you are happy with the temperature, add the marshmallows and stir.

Top with the whipped cream and sprinkles.

Find yourself somewhere cosy to sit with a blanket, put on some chill out music or find your favourite book and enjoy!

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

<https://forms.office.com/Pages/ResponsePage.aspx?id=m2PRzsLrNkWUuWHRbLXGI7yvfHBe1x5Bovajvxv7VzJUODIXRUlIUEVRSkZTTkZNMDBQWjFKQ0JNNC4u>

Autumn leaf painting



What you will need:

Card or paper
Paint (primary colours)
Sponge
Collection of leaves in different shapes/sizes

1. Mix your paints to make oranges, greens, reds and browns
2. Place your leaves on your paper so you have room between them
3. With your sponge, paint around the leaves in different colours
4. Once done, gently peel the leaves away
5. Fill in the empty spaces with more colours and tones

Voila!

Have a go at the CBeebies autumn quiz

