



Going
UP



Captain Tom Moore's NHS fundraiser. What a hero!



DJ's streaming sets into people's homes



Students helping source supplies for isolated people



Playing Tetris can help relieve feelings of stress & anxiety



Therapy dog delivering healing kits to healthcare workers

Weekly Wellbeing

Your weekly dose of goodness to help keep you happy, healthy and mentally well.

Giving...

This week's newsletter is dedicated to the word *Give*, whether it being giving a gift, your time, a compliment, self-care or just smiling at another person – giving back is a lovely way to make others feel valued and help yourself feel good!

Enjoy reading and keep safe, Bucks Mind CYP Team x



Global Citizen's One World; Together at Home
Home concert raises \$127m for coronavirus relief, funds from event organised by Lady Gaga will be split between World Health Organisation and charities.



To see more performances by Taylor Swift, John Legend, Lizzo and more, check out the Global Citizen YouTube: <https://www.youtube.com/user/GlobalPovertyProject/featured>

Quote of the week



12 Acts of Kindness Challenge

Day 1 Retweet someone's promo tweet	Day 2 Write a thank you card 'just because'	Day 3 Spread awareness of a cause you believe in
Day 4 Handmake a gift for a family member	Day 5 Only say positive things about people	Day 6 Smile at another person
Day 7 Help with housework	Day 8 Write a positive review for a small business	Day 9 Check in with an elderly relative
Day 10 Make someone a cup of tea	Day 11 Compliment someone	Day 12 Be kind to yourself

Need a pick me up?
Check out John Krasinski's 'Some Good News'...



Weekly Wellbeing

This week's recipe...

Flourless Peanut Butter Cookies



Ingredients:

- 1 cup peanut butter
- ¼ cup sugar
- ¼ cup light brown sugar
- 1 egg lightly beaten
- 1 tbsp unsweetened almond milk
- 1 tsp baking powder

Method:

Preheat the oven to 300 F

Line a large baking sheet with parchment and set aside

In a medium-sized bowl using an electric hand mixer, cream the peanut butter with the sugars until well combined, about 2 to 3 minutes

Add the egg, mixing until combined, followed by the baking soda

Drop the dough, about 1 to 2 teaspoons at a time onto the prepared sheet and bake until the cookies are golden brown, and the surfaces have cracked, about 10 to 12 minutes

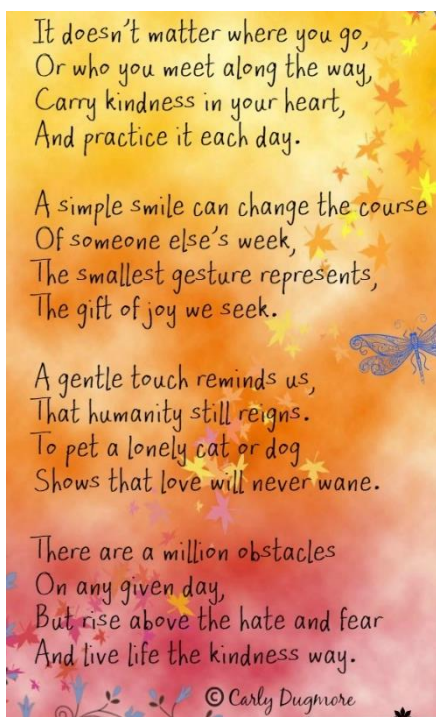
Allow cookies to cool on the pan completely

Serve and enjoy!

Kindness Word search

N	E	I	S	K	E	D	E	G	E	E	E	R	P
F	L	R	C	I	G	O	R	O	A	G	E	E	S
C	E	I	S	O	E	E	C	O	R	L	A	U	N
C	L	S	O	N	N	E	T	D	N	C	O	E	I
G	B	U	D	E	T	P	R	I	E	I	E	R	C
E	I	C	R	N	L	R	E	F	C	G	E	E	E
N	S	K	G	S	E	O	U	A	E	U	S	S	L
E	N	S	O	L	I	L	R	C	T	R	S	P	E
R	O	P	B	N	D	G	E	S	N	E	E	E	I
O	P	I	K	I	N	D	N	E	S	S	L	C	E
U	S	O	I	O	S	B	E	O	C	L	E	T	T
S	E	C	U	S	B	P	R	N	G	O	T	I	T
I	R	A	O	B	O	T	I	P	P	K	G	T	S
E	A	S	E	L	T	I	F	E	N	C	E	R	D

Kindness Peaceful Nice Respect
Responsible Good Generous
Gentle Gracious



We want to
hear from
you...

Have a go at
writing a poem or
short story about
kindness, maybe
draw from your
own experiences
or get creative!
Send your finished
piece to
grace.oconnor@bu.cksmind.org.uk
Here's an example
to get you started...