

# DISCOVERY

Multisensory Learning Trust

Wellbeing  
Week beginning: 6.7.20

Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary. The people we trust with that important talk can help us know that we are not alone.

-Fred Rogers

Maybe you think someone doesn't have a lot on their plate compared to you. But maybe their plate is smaller than yours and doesn't have a lot of room to begin with. Or maybe their plate is paper, and their flimsy paper plate can't hold as much as your sturdy ceramic plate can. Or maybe their plate was broken, and is now held together with glue.

@MentalHealthAwarenessLife

By Joanne Gaulton



## LAVA LAMP



### You'll need:

A clear plastic or glass bottle or jar  
A bottle of vegetable oil  
Water  
Alka Seltzer  
Food colouring



### Instructions

Fill the bottle about a quarter full with water. Top up to near the top with vegetable oil.

The oil and water should separate into two layers, water at the bottom and oil on the top.

Once the oil and water have separated, add enough food colouring to get the colour you want. The colour will mix with the water at the bottom.

Pop in half an alka seltzer tablet and watch the bubbles.

Add more alka seltzer little by little to keep the bubbles rising and falling.

## GET YOUR DAILY D.O.S.E.

How to get your daily DOSE of happiness chemicals



### 2 How Deficiency Affects You



### 3 How to Increase Happiness Levels



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## Mayflower 400 10K race

For those of you running for daily exercise, or just because you like to run, the following may be of interest; you could be awarded a medal and raise money for charity.

The 'Mayflower Muskie Madness Virtual 10k Race' has been launched as part of the Mayflower 400 commemorations. The original race was due to have 400 runners all taking the same route but, due to coronavirus, the run has now become a digital event enabling entrants the chance to run their own race at their own pace.

The first 400 people to sign up will receive a limited edition Spirit of Mayflower medal and profits from the entrance fee will go to St Luke's Hospice in Plymouth.

The online entry cost is £10.50 per person and you can find more information and the link to sign up via Run Britain on the Mayflower website .

**For this you will need:**  
X1 empty jar with a lid and no labels  
Some hot water (be careful and ask a grown up to help you)  
2 tbsp of glitter glue

**How to make it**  
Pour the hot water into the jar and add the glitter glue.  
Put the lid on and shake up the jar. Watch the bits of glitter swirl around – these are like all the thoughts and feelings in your very busy brain. See how when you keep the jar still the glitter starts to settle down – just like your thoughts and feelings will if you sit still and calmly breathe for a moment.

**Top Tip!**  
Next time you feel upset or angry give the jar a good shake – then sit, be still and wait for the glitter to settle. This will also help you calm your mind.

HM Government **NHS**

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— At the shops —  
In all enclosed spaces

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Revised Timetable Starts 6/6/20

MONDAY	9.00AM ADULTS TONE & STRETCH with Shakra Taylor 30 minute class	11.00AM KIDS YOGA with Caroline Phipps Uch 30 minute class	6.00PM PRE/POST NATAL FITNESS with Sarah Kirk 30 minute class
TUESDAY	10.30AM KIDS SPANISH with Katherine Aguirre 30 minute class	2.00PM KIDS BALLET with Laura Tye 30 minute class	3.00PM SENSORY STORYTELLING with Lindsey Hargr 30 minute class
WEDNESDAY	8.00AM ADULT YOGA STRONG with Beth Winsor 45 minute class	10.30AM KIDS MUSICAL DOTS with Anna & Meg 45 minute class	2.00PM DIDO DANCE with Anne-Marie Martin 30 minute class
THURSDAY	9.30AM KIDS FRENCH with Amber Semple 20 minute class	11.00AM ADULTS PLATES with Lisa Be 30 minute class	2.00PM FUN & PHONICS with Claire Noonan 25 minute class
FRIDAY	9.00AM WORK OUT LIKE A MAMA with Sarah Waincock 30 minute class	11.00AM KIDS DRAMA & MUSIC with Danielle Durand 30 minute class	5.45PM STRETCH & RELAX with Kelly Chester 45 minute class

**about mama tribe.**

Mama Tribe is a digital platform for kind, family-focused women to find and connect with like-minded mothers, be encouraged on their parenting journey and support small businesses run by Mamas for Mamas.

**there are many ways you can be involved.**

shop. sell. blog. network. support

**join the tribe.**  
www.mamatribeuuk