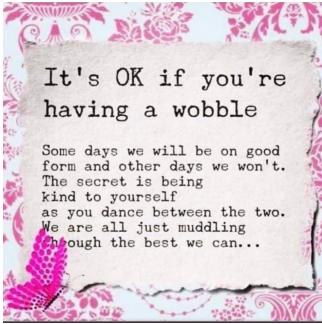
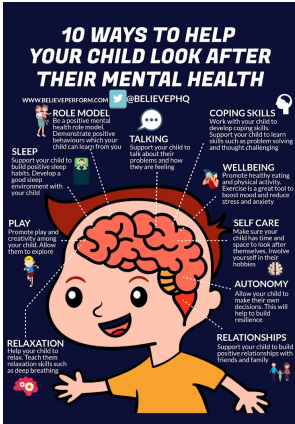







Children & Young People	Feelings and Emotions	Achieving	Health & Wellbeing	Stay Positive	Play...
	<p>Feelings and Emotions</p> 	<p>Achieving</p> <p>There are lots of ways for me to keep achieving when I am staying at home. There are lots of things adults do for me but there are things I can also do for myself.</p> 	<p>Health & Wellbeing</p> <p>Be brave and look after your mental health.</p> 	<p>Stay Positive</p> <p>There are lots of things I can do to stay happy when I am social distancing:</p> 	<p>Play...</p> 

<p>Parent(s) / Carer(s)</p>	<p>Stay Positive!</p> 	<p>Health & Wellbeing</p> 	<p>Midlothian School Transitions Update</p> <p>Starting at schools or early learning and leaving school</p> <p>*24 April update</p> <p>As part of Education Service planning we are working hard to make sure children starting in early learning and childcare settings, P1 and S1 and leaving school have a positive experience when making that move (transition). As we are sure you will be aware, usual arrangements are not currently possible during this challenging time.</p> <p>https://www.midlothian.gov.uk/info/200296/coronavirus/629/schools_and_early_learning/5</p>	<p>Foodbank</p> <p>If you can afford food but need help to get it:</p> <p>~Red Cross, 0131 654 0340</p> <p>~Community volunteers #KindnessMidlothian or CLL@midlothian.gov.uk</p> <p>If you cannot afford food:</p> <p>~Bonnyrigg and Sherwood Community Trust Shop High Street, Bonnyrigg 0131 663 2555 Bonnyrigg Trust on Facebook</p>	<p>Grow...</p> <p>Try to develop a growth mindset and healthy habits.</p> <p>It's important that we look after ourselves during the uncertainty caused by coronavirus.</p> <p>If you're feeling worried, there are simple things you can do to help yourself feel better like moving more or sticking to a routine.</p> <p>Find practical tips: https://clearyourhead.scot/</p>
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<p>Family</p>	<p>Find a penny, pick it up...</p> <p>Grab a penny and decide your fate with this fitness workout. Each exercise should last for 30 seconds continuously then have a 30 second rest period after. Complete 5 activities then rest for 1 minute. Use the penny toss to decide if it is a heads or tails fitness activity.</p> 	<p>VE Day 75th Anniversary</p> <p>When VE Day dawns on 8th May 2020 it will be 75 years since the guns fell silent at the end of the war in Europe. Years of carnage and destruction had come to an end and millions of people took to the streets and pubs to celebrate peace, mourn their loved ones and to hope for the future, but not forgetting those still in conflict until 15th August when it was announced that Japan had surrendered unconditionally to the Allies, effectively ending World War II.</p> <p>The 75th anniversary will provide our nation, and our friends around the world, with an opportunity to reflect on the enormous sacrifice, courage and determination of people from all walks of life who saw us through this dark and terrifying period.</p> 	<p>Stay Positive</p> <p>Positivity Rocks! Can you decorate a stone or a rock with a positive message?</p> <p>When you go out on your daily walk with your family or out in your garden, can you find a rock or stone to decorate?</p> <p>Once you have found a stone, can you decorate it with positive colours, pictures or words?</p> <p>You might create more than one Positivity Rock to create a little stone garden for your Home.</p> 	<p>Together</p> <p>There are 31 days in May. Why not try a 31 day challenge to make May meaningful together.</p> 	<p>Learn...</p> <p>'The Gruffalo' creators Julia Donaldson and Axel Scheffler have shared twelve beautiful illustrations depicting their famous characters adjusting to social distancing, home-schooling and helping others, as well as Scheffler illustrating a free coronavirus booklet aimed at children.</p>  <p>https://www.booktrust.org.uk/news-and-features/features/2020/april/the-gruffalo-stick-man-and-the-smartest-giant-in-town-legend-a-paw-a-stick-and-a-hand-to-help-with-the-coronavirus-effort/</p>
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