

# DISCOVERY

Multis Academy 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 Jessica Gaudin



## 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 .



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HOSTS

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Revised Timetable Starts 6/6/20

DAY	9.00AM	11.00AM	6.00PM
<b>MONDAY</b>	<b>ADULTS TONE &amp; STRETCH</b> with Shakira Taylor 30 minute class	<b>KIDS YOGA</b> with Caroline Phipps Uch 30 minute class	<b>PRE/POST NATAL FITNESS</b> with Sarah Kirk 30 minute class
<b>TUESDAY</b>	<b>KIDS SPANISH</b> with Katherine Aguirre 30 minute class	<b>KIDS BALLET</b> with Laura Tye 30 minute class	<b>SENSORY STORYTELLING</b> with Lindsey Hargit 30 minute class
<b>WEDNESDAY</b>	<b>ADULT YOGA STRONG</b> with Beth Winsor 45 minute class	<b>KIDS MUSICAL DOTS</b> with Anna & Meg 45 minute class	<b>DIDO DANCE</b> with Anne-Marie Martin 30 minute class
<b>THURSDAY</b>	<b>KIDS FRENCH</b> with Amber Semple 20 minute class	<b>ADULTS PLATES</b> with Lisa Be 30 minute class	<b>FUN &amp; PHONICS</b> with Claire Noonan 25 minute class
<b>FRIDAY</b>	<b>WORK OUT LIKE A MAMA</b> with Sarah Waincock 30 minute class	<b>KIDS DRAMA &amp; MUSIC</b> with Danielle Durand 30 minute class	<b>STRETCH &amp; RELAX</b> 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.mamatribeuik.uk