



Here are some ideas to support your mindfulness this week

Another week has gone by and this week I have reflected on my time in lockdown. It was very surreal to spend Vaisakhi without my family and not being able to go to the Temple. Instead I was able to video call all my family to speak to them which is the second best option at this time. I also missed my sister's birthday. We had plans to go to the theatre and have dinner. As she lives the other side of London and because of the lockdown, I haven't been able to celebrate with her. Instead I sent her card and present in the post to her, which she really appreciated. I know when this is over we will have celebrate together then.

Positive thinking is very important for us all. This is especially important for you all as Ramadan has begun. You may not be able to visit families who live in different homes although they may live near you. However use video calling to connect with them at this time and make plans for when this is all over.

Sports
This is the time to develop your skills in a sport or learn a new one.

Football - In the garden, rain or shine you can playing a small group or practise your skills on your own. The only thing you need is a ball!

Cricket - Cricket is the perfect summer sport when it comes to teamwork and individual play. Across batting, bowling and fielding, it develops a range of skills, including coordination, agility and strength.

Tennis - Tennis is a brilliant summer sport, It's so much fun and really good for you, too.

<https://www.nhs.uk/change4life/activities/sports-and-activities>



My World's A Kitchen

Why not try baking at this time? This week I made brownies. It was my first time and they came out so delicious, even though I don't bake

Top tip use milk chocolate rather than dark chocolate as it tastes much better. Here is the recipe I followed

<https://www.kidspot.com.au/kitchen/recipes/easy-chocolate-brownies-recipe/j4689jcb>

Did you try the yoga link from last week?



Art Idea

Take your pencil for a walk

This is something I did all the time when I was a child and I loved it. Give it a go

<https://www.youtube.com/watch?v=S2pS4pcnJy0>



Just remember even during this time
"Life is precious. Every moment is precious"
— David Walliams, The Midnight Gang



As we enter Ramadan it is also a time to think of others. Why not ask your parent or family member to check on an elderly neighbour you know or leave a food parcel on their door step?