

Lockdown Lift Up

THE WEEKLY SCHOOL CLOSURE NEWSLETTER FOR YOUNG PEOPLE WITH AUTISM

THIS WEEK: Art, calming ideas, cosmic yoga and fruit kebabs!

MINDFUL MATTERS

Welcome to your 7th edition of Lockdown Lift Up! This week's spotlight: Mindfulness.



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What is Mindfulness?

We all have times when our heads are so full of thoughts bouncing about that it's hard to think clearly about anything.

Being mindful is about focusing fully on an activity to settle those busy thoughts. It is about accepting the past (what's done is done) and not worrying about things that might happen in the future (because it might not!).

Lots of different people use mindful techniques including professional athletes, actors...even your teachers!

Here are some suggestions, have a go and see what you think!

- List 5 things you are grateful for.
- Try a yoga session
- Listen to music, preferably something calming!
- Meditate
- Go outside and feel the sunshine on your face.
- Do some colouring or drawing
- Try the 4, 7, 8 breathing technique: Breathe in for 4, hold for 7, breathe out for 8. Repeat
- Try the 5, 4, 3, 2, 1 technique. Name: 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, 1 thing you can taste



Oldies but Goodies: Dr Who, Hitchhikers Guide to the Galaxy, The Hobbit

BOREDOM BUSTERS!

KEEP ACTIVE

Have a try of Cosmic Yoga on YouTube. If you're a fan of Harry Potter or Pokemon AND want to build your strength...have a go!



ON THE WEB

Useful Mindfulness Apps:



Stop, Breathe & Think: Meditation & Mindfulness

Smiling Mind



Take a Break! Meditations for Stress Relief.

TO PASS THE TIME:

Have you tried...Mindfulness Colouring? There are plenty of pages to choose from on the internet.



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Your Say

DON'T MISS: Laila's Top 5 Disney+ Movies

- Big Hero 6
- Inside Out
- Simpsons Movie
- The Lion, The Witch and The Wardrobe
- Finding Dory



Cosy Corner



Save the date:

21st May 2020

Rob Biddulph, children's book illustrator, is attempting to break a Guinness World Record.

Check it out at

<https://www.artworldrecords.com>

Mindfulness

Q	P	L	T	S	E	R	E	E	N	T	Y	N	A
U	E	T	N	A	E	H	E	A	L	T	H	H	L
I	B	A	G	O	Y	A	N	O	J	L	T	H	S
E	R	A	N	E	Z	I	E	V	O	L	A	M	R
T	A	N	A	E	E	V	E	E	Y	P	N	A	
S	V	T	T	R	N	F	N	B	N	A	M	E	T
O	E	I	U	E	E	C	A	E	P	A	E	L	B
E	A	O	R	C	O	M	P	A	S	S	I	O	N
E	C	N	E	I	L	I	S	E	R	C	A	L	M
R	E	L	T	N	E	G	T	H	X	A	L	E	R
A	C	T	N	R	E	F	L	E	C	T	I	O	N
T	C	R	E	A	T	I	V	I	T	Y	O	R	A
V	A	O	N	P	A	T	N	E	S	E	R	P	N
S	A	C	C	E	P	T	A	N	C	E	A	E	O

HEALTH
REFLECTION
ZEN
COMPASSION
YOGA
ACCEPTANCE
RESILIENCE
BRAVE
PEACE
JOY
GENTLE
QUIET
PRESENT
CREATIVITY
REST
RELAX
EMPATHY
NATURE
LOVE
CALM

Play this puzzle online at : <https://thewordsearch.com/puzzle/1150450/>

Thank you to Ollie who has shared these pictures of his amazing Cornflake Tart! YUM!



We would love to hear from you about what you are doing. Get in touch at:

SENandInclusion@Peterborough.gov.uk

*Please Note: We cannot publish any photos that contain images of people.

Last Week's Answers:

1. **True**, both were born here in Peterborough!
2. **False**, Katherine was Henry's first wife, but she was NOT beheaded (unlike 2 of his other wives).
3. **False**, Serpentine Green Shopping Centre was opened on the 8th Feb 1999.
4. **True**, but Victoria Beckham was unsuccessful.
5. **True**, the less said about this the better!