



## Welcome to Miss Bull's bright & breezy bulletin #13

Hello everyone! We are now in our penultimate (*next to last*) week of this term, and this school year! Can you believe it?

This period of lockdown and school closure has been very strange for all of us, and we will all have our unique experiences – some good, some bad. But I hope that you have found out just how resilient and strong you are, and realised that there are always people to talk to or things you can do to support yourself and find your way through any difficulties you may be facing.

Even tiny, simple things can bring us happiness, and help us to remember that there are things to smile about, even in the hardest of moments. I hope this bulletin has offered even a tiny bit of comfort and happiness to some of you!

Enjoy the week!

### ★ a picture to spread joy ★



### ★ a bit of happy news ★

Charlotte Cole, a 30-year-old nurse, has been reunited with her two-year-old son, George, after 11 weeks apart. Charlotte moved George to live with her parents at the beginning of April, after a case of coronavirus was confirmed at one of the care homes she works in. The family are now happily back together again, after spending far longer apart than they had expected.



★ a mindful activity ★

Close your eyes

Sometimes, something as simple as just closing our eyes and blocking out the visual information all around us can help us to feel calm and soothed.

- If you're feeling overwhelmed or over-stimulated, close your eyes and look inwards.
- Focus on your breathing.
- Focus on what you can hear or smell.
- Focus on how you feel in your space – are you warm? Can you feel a breeze? Is your body comfortable?
- Keep your focus inwards for a little while, until you begin to feel less overwhelmed.

★ a positive challenge ★

**Riddles of the week**

‘What has many keys but  
can’t even open a single  
door?’

‘What is more useful when  
it’s broken?’

★ a bit of inspiration ★



**No one ever  
injured their  
eyesight by  
looking on the  
bright side.**

## Answers from last bulletin

### Riddles of the week

What has 4 fingers and a thumb, but isn't alive? - a glove

'What belongs to you but is used more by others? - your name