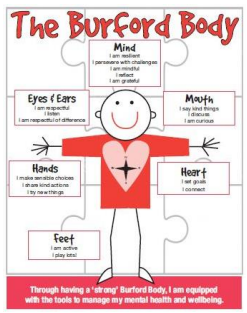




The Burford Body Bulletin

April 2024



Action for Happiness Calendar

Active April

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Active April 2024	1. Connect to feelings more often this month, sharing happy.	2. Spend 10 heart beats on gratitude for what's new in.	3. Listen to your body and be grateful for what it can do.	4. Do a healthy and fun activity with a friend or family.	5. Take a regular activity into a special game today.	6. Do a healthy and fun activity with a friend or family.	7. Get outside and enjoy the sun and fresh air.
	8. Move your body in a fun way today.	9. Take your time to enjoy the day.	10. Move to a new place in your garden or park.	11. Get outside and enjoy the sun and fresh air.	12. Take a regular activity into a special game today.	13. Get outside and enjoy the sun and fresh air.	14. Get outside and enjoy the sun and fresh air.
	15. Get outside and enjoy the sun and fresh air.	16. Get outside and enjoy the sun and fresh air.	17. Get outside and enjoy the sun and fresh air.	18. Get outside and enjoy the sun and fresh air.	19. Get outside and enjoy the sun and fresh air.	20. Get outside and enjoy the sun and fresh air.	21. Get outside and enjoy the sun and fresh air.
	22. Get outside and enjoy the sun and fresh air.	23. Get outside and enjoy the sun and fresh air.	24. Get outside and enjoy the sun and fresh air.	25. Get outside and enjoy the sun and fresh air.	26. Get outside and enjoy the sun and fresh air.	27. Get outside and enjoy the sun and fresh air.	28. Get outside and enjoy the sun and fresh air.

[Click here to view the full calendar](#)

Physical Health

Athletics offers the widest range of choice of any sport as its various disciplines provide the opportunity to throw, run or jump. Why not grab your friends and some props, head to the park and create your own mini athletics competition?

For more information or to find local athletics opportunities visit [England Athletics](#)



Wellbeing Tip - Music

Research has shown that listening to music can reduce heart rate, lower blood pressure, decrease cortisol (stress hormone) levels and increase serotonin and endorphin levels in the blood. It energises our mood and can provide an outlet for us to take control of our feelings.

Listening and sharing music and songs together as a family is a really lovely experience and creating your own family playlist provides a wonderful opportunity to talk, share and have fun together. Try swapping your finished playlists with friends and other families!



Healthy Eating

Chicken and Vegetable Parcel Recipe

[Click here to view the full recipe](#)



Monthly Mantra

I promise myself love, patience and kindness.

I am doing the best I can and my positive attitude will bring me success.

Key Dates:

Stress Awareness Month	April 2024	World Art Day	15 th April 2024
Testicular Cancer Awareness Month	April 2024	Earth Day	22 nd April 2024
World Health Day	7 th Apr 2024	On Your Feet Britain	25 th April 2024

Mental Health Awareness

Grief affects us emotionally, physically and can affect our mental health. The grief that follows when someone passes away can be a really difficult and painful process.

This short video, provided by the Anna Freud Centre, won't take that pain away, but it does have some ideas based on what other young people have said, that might help you through it.

<https://www.youtube.com/watch?v=SixND1GKHiQ>

