June 2024

Ambassador Times







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Connecting Hearts......Connecting Minds...

From the Principal

"Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. You cannot serve from an empty vessel."

- Eleanor Brownn

June end is the most sought-after time not only for educators and students but also for the parents. And rightly so because the vacation is the time to relax with family & friends, recharge, explore new places, discover hidden talents, and create memories that will bring a smile to your face for years to come.

Dear children, use this break as a chance to recharge your mind, body, and spirit. Give yourself permission to indulge in relaxation, whether it's through outdoor activities, creative pursuits, or simply enjoying the magic of nature! Remember, that summer vacations are not just about leisure but also about personal growth. Engage in activities that stimulate your curiosity, broaden your horizon, and expand your knowledge. Challenge yourself to learn something new that you are passionate about, set goals, and push your boundaries. Whether it's learning a musical instrument, mastering a new sport, or developing your artistic skills, this is your time to shine and unlock your full potential.

Additionally, prioritize self-care during this break. Taking care of your physical and mental well-being is essential since it prepares you for the challenges that lie ahead. More than anything else, practice digital detox at least once a week.





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I extend my heartfelt gratitude to our students, our dedicated staff members, and our broader community, whose collective efforts have fostered an environment of positivity and growth. Your continuous encouragement and partnership in nurturing our students academically, spiritually, and emotionally is invaluable.

Looking forward to welcoming you all in the second term and wishing you a vacation filled with sunshine, adventure, and endless possibilities!

While flipping through this issue of the newsletter, let's appreciate the work of students, staff & parents!

Warm regards
Dr. Sheela Menon
Principal





Highlights of the Month

LITFEST 2024



ISLAMIC CONCLAVE 2024





HIGHLIGHTS OF THE MONTH

LITFEST 2024

"Read to expand your mind, write to unleash your soul, and speak to inspire the world."- Anonymous

Ambassador School Dubai hosted an exhilarating LITFEST-2024 competition on Wednesday, 29th May, celebrating the diverse talents of the students in literature and public speaking. The event featured categories designed to showcase students' linguistic abilities and creativity. A total of 104 participants from 8 different schools across Dubai and Sharjah, made it a grand celebration of literary skills.

The event aimed to highlight students' talents in various categories such as Choral Recitation, Rhymes and Tickles, Extempore, Stand-up Comedy, and Mime. The LITFEST-2024 competition showcased the school's commitment to fostering a love for literature and enhancing public speaking skills. With participants from Grades 1 to 5, the event saw unique interpretations and high-caliber performances that impressed the judges and celebrated students' passion for literature.

The event was extremely successful, with Ambassador School, Dubai bagging the Winner's Trophy while Pace International School, Sharjah took home the Runners-up award. The event concluded with an award ceremony recognizing the best performers, highlighting the vibrant literary culture at Ambassador School Dubai.

We congratulate all the participants for their confidence, dedication and hard work, and we look forward to supporting and celebrating the literary talents of our students in future events!









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HIGHLIGHTS OF THE MONTH

ISLAMIC CONCLAVE 2024

"Competition is always a good thing. It forces us to do our best. A monopoly renders people complacent and satisfied with mediocrity."Nancy Pearcey

ASD's inter-school event, the 3rd Edition of Islamic Conclave organized by the Department of Islamic Studies, on the Saturday morning of 25th May, this year once again proved to be a great platform of learning, of comparative evaluation of skills and a podium to showcase the best strength and abilities of students in the subject. 80 students from ten schools from different Emirates joined the variety of programs arranged for them to compete.

The list of competitions had both boys and girls competing as in Qiraát, Tilawat Hadar (Quran recitation), Pick & Speak, and Islamic Art and Calligraphy. The students exhibited their passion and love for Islamic culture and values, while the occasion also provided them with a wonderful opportunity to appreciate students who showed greater abilities in Quran recitation, Oratory and creative skills, and be inspired to work further on these fields.

The overall winner of the 3rd ASD Islamic Conclave 2024 was New Indian Model School Dubai while the Runners Up trophy was bagged by Ambassador School Sharjah. Our heartiest congratulations to the winning schools and their students and teachers.













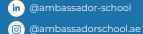
On June 5th, our Kindergarten students participated in a wonderful celebration of World Environment Day! The day was filled with engaging activities that taught our young learners about the importance of protecting our planet and the small steps they can take to make a big difference.



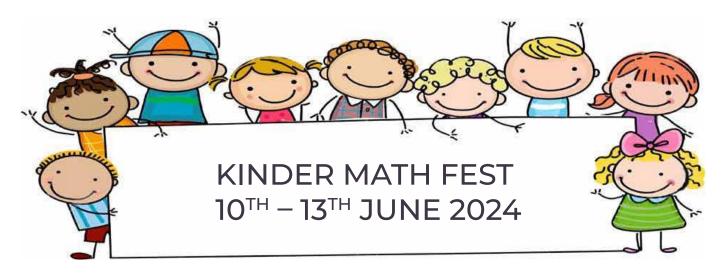












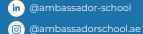
Our Kindergarten students recently enjoyed a week full of exciting math activities during our Math Week celebration! This event was designed to make learning math fun and engaging, helping our young learners develop essential numeracy skills in a playful and interactive environment.















Our tiny tots in PREKG were all smiles and giggles as they drummed along, creating beautiful beats and bonding through music. This hands-on session was not only fun but also a wonderful way to enhance their motor skills, coordination, and creativity.











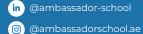




Our Kindergarten class recently hosted a special Father's Day event: Chef Dad! This delightful celebration brought together our students and their fathers for a day of culinary creativity and bonding. It was a heartwarming and fun-filled event that emphasized the importance of family and the joy of cooking together.





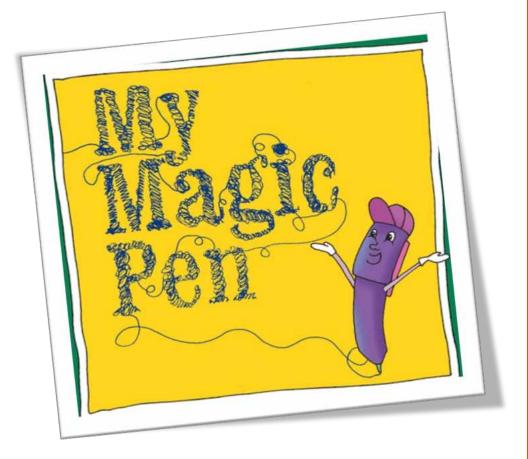




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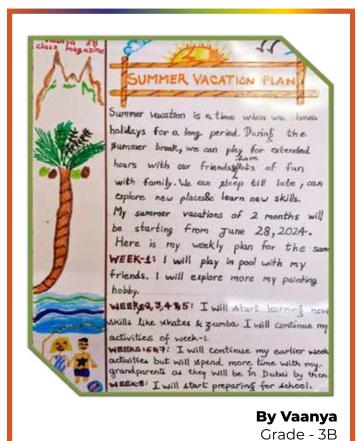


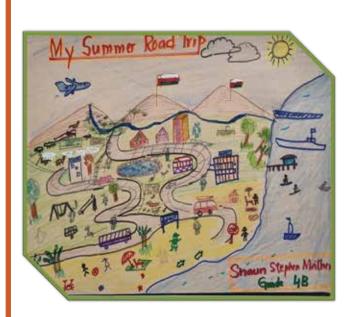






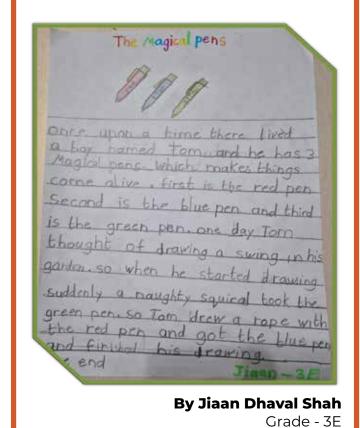
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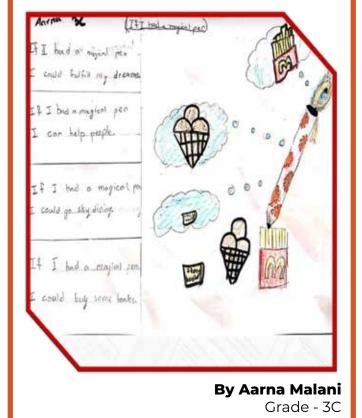




By Shaun Stephen Mathew

Grade - 4B





in @ambassador-school



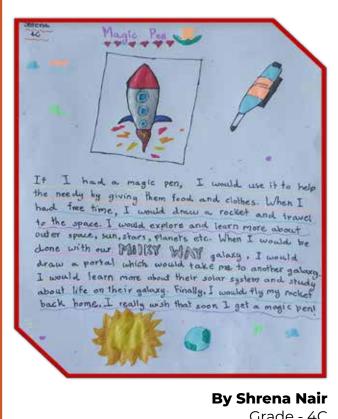
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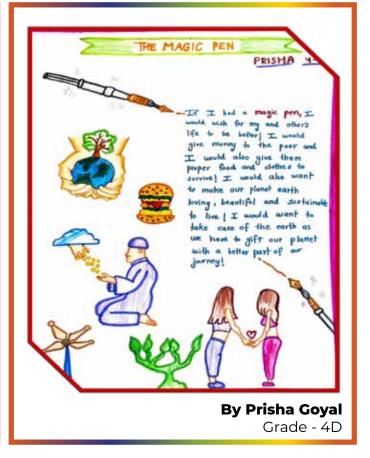




By Kyra Khan Grade - 3B

Grade - 4C







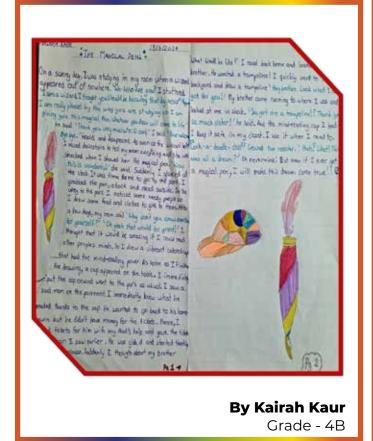
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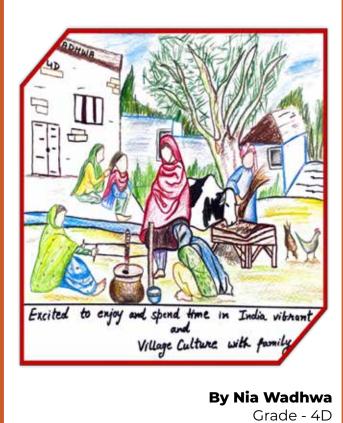
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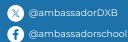
@ambassadorschoolduk



MY SPACE

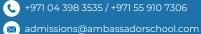




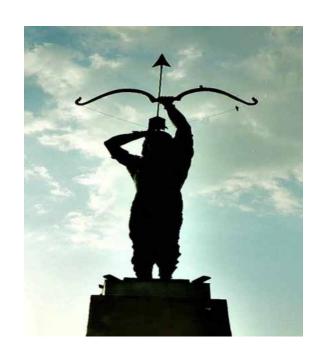












FOCUS OF ARJUN

When the Pandavas were young, they trained under Drona, the master of combat. Drona wanted to test his pupils, so he stuck a toy bird in a tree and asked all of them to aim their bows at its eye. When he asked them what they could see, the Pandavas gave different answers, such as the bird, the leaves, the tree, and so on, and missed. Only Arjuna, without missing a beat, said he could see nothing more than the eye of the bird. Pleased, Drona asked Arjuna to shoot. Arjuna's arrow pierced the bird's eye, perfectly. Stories like these from Indian mythology serve as moral lessons for youth to see how you should show focus and perseverance to a task if you want to succeed in life.

-HARSH PUROHIT



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THE IMPACT OF COVID ON HEALTHCARE SYSTEMS - A POEM

In halls where silence used to reign, The whispers turned to cries of pain. A virus spread, unseen, unknown, And healthcare faced the great unknown.

New protocols, new ways to cope, From rapid tests to whispered hope. Vaccines arrived, a beacon bright, Turning the tide with every fight.

Beds filled up, the space grew thin, A battle they were thrust within. The doctors donned in masks and gowns, Beneath the weight, they didn't drown.

But scars remain, both seen and not, Lessons from the battles fought. Preparedness now holds a place, In healthcare's ever-vigilant face.

Exhaustion etched on every face, Yet still they ran a tireless race. Ventilators hummed a desperate tune. While hope was cradled in each room.

We mourn the lost, the lessons learned, A candle for each life discerned. And in the quiet after storm, A pledge to keep our systems warm.

From nurses' hands to scientists' minds, They sought the cure that they might find. In labs, in wards, in countless screens, Telemedicine bridged the means.

For every crisis sows a seed, Of future strength, of urgent need. In unity, we find the way, To brighter, safer, healthier days.

The world watched on in shared despair, As systems buckled, laid threadbare. Yet through the darkest nights of dread, Resilience rose, hope wasn't dead.

BY HARON JAPHETH 11B





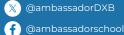
REFRESHER!!

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Words to Find:

- VACCINE
- MASK
- HANDWASH
- QUARANTINE
- SOCIAL DISTANCE
- LOCKDOWN
- ISOLATE
- VIRUS
- HEALTHCARE
- HOSPITAL
- DOCTOR
- NURSE
- ICU
- VENTILATOR
- SANITIZER
- PPE
- TESTING
- OUTBREAK
- CASES
- SYMPTOMS
- RECOVERY
- PUBLIC HEALTH
- IMMUNITY
- DISINFECTANT
- PANDEMIC
- PROTECTIVE GEAR
- TREATMENT
- CLINICS
- VACCINATION
- MUTATION
- EPIDEMIC

GEET AND ALI 11B





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ARTICLE CONNECTING CIRCULAR **ECONOMY TO PSYCHOLOGY**

Circular Economy and Its Psychological Impact

The circular economy is a forward-thinking approach aimed at reducing waste and maximizing resource efficiency through practices like reusing, repairing, refurbishing, and recycling. This model opposes the traditional linear economy, which follows a 'take-make-dispose' cycle. Embracing circular practices helps businesses and individuals achieve sustainability, environmental impact, and build economic Psychologically, the circular economy intersects with several important areas. Behavioral psychology explores how consumption and waste habits and attitudes can be changed.

By understanding what drives consumer behavior, such as the need for novelty and convenience, effective strategies can be designed to encourage sustainable practices. For example, promoting a culture that prioritizes repair and reuse over disposability can shift consumer attitudes and behaviors. Additionally, the circular economy can boost psychological well-being by providing a sense of purpose and community. Participating in sustainable activities can make individuals feel they are contributing to a larger cause, enhancing their sense of connection and responsibility.

Community-based efforts, like local repair cafes or sharing platforms, can also strengthen social ties and collective efficacy. By integrating psychological insights with circular economy principles, we can drive environmental sustainability while fostering a more connected and purpose-driven society.

TANNISHKA VASANDANI 12B











BY JANE 6A









THE SIMPLE PLEASURES OF LIFE

In the hustle and bustle of modern life, we often overlook the simple pleasures that can bring profound joy and contentment. These small moments and activities, though seemingly mundane, hold the power to enrich our lives and remind us of the beauty in everyday existence. From the warmth of a morning cup of coffee to the serenity of a sunset, these simple pleasures form the fabric of our happiness.

The Joy of Nature

One of the most universally cherished simple pleasures is the connection with nature. Walking in a park, feeling the cool breeze, or simply sitting under a tree can rejuvenate our minds and bodies. The beauty of a blooming flower, the melody of birds singing, and the tranquility of a flowing river all serve as gentle reminders of the world's inherent beauty. These moments of communion with nature provide a respite from the demands of daily life, offering a space for reflection and peace.

The Comfort of Routine

Daily routines, often considered monotonous, can also be sources of simple pleasures. The ritual of making and enjoying a morning cup of coffee or tea, for instance, provides a comforting start to the day. This small act, rich with sensory experiences – the aroma, the warmth, the taste – can set a positive tone for the hours ahead. Similarly, cooking a meal can be a deeply satisfying activity. The process of preparing food, from chopping vegetables to savoring the final product, can be both meditative and rewarding.

The Power of Connection

Human connections are another vital source of simple pleasures. Spending time with friends and family, sharing laughter, and engaging in meaningful conversations enrich our lives immeasurably. The joy of companionship, whether through a shared meal, a casual walk, or a heartfelt conversation, fosters a sense of belonging and emotional well-being. These moments of connection remind us that we are not alone and that love and friendship are cornerstones of a fulfilling life.

The Magic of Creativity

Engaging in creative activities, such as reading, writing, painting, or playing music, can also bring immense joy. These pursuits allow us to express ourselves, explore our imaginations, and immerse ourselves in the flow of creation. Whether it's losing oneself in a good book, sketching a landscape, or strumming a guitar, these moments of creativity provide a deep sense of satisfaction and accomplishment.

The Delight of Small Acts

Small acts of kindness and mindfulness can transform ordinary moments into extraordinary experiences. Smiling at a stranger, holding the door open for someone, or simply taking a few moments to breathe deeply and appreciate the present moment can create ripples of positivity. These small gestures and mindful practices remind us of the interconnectedness of our lives and the importance of compassion and awareness.

AUTHORED BY HIYASHA JAJAL 6D









UNEXPECTED LIFE LESSONS

Lessons to learn from sports, that's right It's going to be peace, no noise, no fight For example, learning from badminton It tells you to be fast and have fun!

Then, next up, there's cricket You should be careful, or you will lose your wicket! And then, there's... tennis It's okay if you lose, don't be jealous!

But then, you can also play football!
It helps you keep-fit overall
And you should definitely try hockey
Anything can happen in it, so keep your mind airy!

And that's it, that's all I can say
Thank you for listening to me today
I hope you all had fun right now,
And well, it's time for me to take a bow!

-PRANVI PATODI









PARENTS' PANORAMA

TRANSFORMATION POWER OF TECHNOLOGY IN EDUCATION

The Transformative Power of Technology in Education Technology has changed the way we learn, making education more exciting and accessible for everyone. Let's explore how technology is transforming education in simple terms.

1. Learning Anytime, Anywhere

Thanks to the internet, students can now learn from anywhere in the world. Online classes and digital textbooks mean you don't have to be in a physical classroom to learn. This is especially helpful for students who live far from good schools or those who need to study at their own pace.

2. Personalized Learning

Technology helps tailor education to fit each student's needs. Programs can adjust lessons based on how well you understand the material. If you're struggling with a topic, the program will offer extra help. If you're excelling, it will present more challenging material. This ensures everyone learns at their own speed.

3. Interactive and Fun Lessons

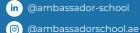
Gone are the days of boring lectures. Technology makes learning interactive and fun. Educational games, videos, and virtual labs make subjects like math and science come alive. This not only makes learning enjoyable but also helps students grasp difficult concepts more easily.

4. Better Collaboration

Tools like Google Classroom and Zoom allow students to work together on projects even if they are not in the same place. You can share ideas, ask questions, and get instant feedback from teachers and classmates. This improves communication and teamwork skills.

Preparing for the Future

Learning to use technology is essential in today's world. Schools now teach coding, digital design, and other tech skills that are crucial for future jobs. By integrating technology into education, students are better prepared for the modern workforce.





PARENTS' PANORAMA

TRANSFORMATION POWER OF TECHNOLOGY IN EDUCATION

5. Preparing for the Future

Learning to use technology is essential in today's world. Schools now teach coding, digital design, and other tech skills that are crucial for future jobs. By integrating technology into education, students are better prepared for the modern workforce.

6. Helping All Students

Technology also supports students with special needs. Tools like speech-to-text software and interactive eBooks make learning accessible for everyone, regardless of physical or learning challenges.

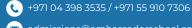
Technology is making education more accessible, personalized, and engaging. It prepares students for future careers and helps them learn in ways that suit them best. By embracing these changes, we can make education better for everyone.

> PARENT NAME: HARMANPREET KAUR STUDENT NAME: JASLEENJOT KAUR

GRADE: KG2A









WORLD ENVIRONMENT DAY CELEBRATIONS

Waste Paper Collection and E-Waste Collection Campaign for Recycling Ambassador School in Dubai recently organized two significant environmental initiatives: A Waste Paper Recycling Campaign and an E-Waste Recycling Campaign.

The E-Waste Recycling Campaign, season 2 aimed at addressing the growing concern of electronic waste. This campaign spanned a month again. E-Waste Collection points were set up at the entrance of the main campus where students, parents, and staff could drop off their old and used electronic devices such as mobile phones, laptops, and batteries. The E-Waste Recycling Campaign gathered over 400 kilograms of electronic waste, which was handed over to certified e-waste recyclers for safe disposal and recycling. The campaign raised significant awareness about the environmental impact of e-waste and the importance of responsible consumption and disposal of electronic devices.

Both the Waste Paper and E-Waste Recycling Campaigns at Ambassador School, Dubai, were highly successful in achieving their goals. The school appreciated all its Eco-Ambassadors by rewarding them with an E-certificate for their valuable contribution.

They not only contributed to environmental conservation but also educated and inspired the school community to adopt sustainable practices. The positive response and active participation indicate a growing commitment to environmental stewardship within the school setting a commendable example to follow in the pursuit of a greener future.







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EXPRESSIONS - 2024

Expressions: 2024-Students of Grade-4 Advocate for Environmental Awareness

Students of grade-3 and 4 hosted a thought-provoking event titled "Planet vs. Plastic," aimed at raising awareness about environmental conservation and the detrimental effects of plastic pollution on our planet. With captivating performances including yoga, skits, dances, songs, and an educational quiz, students not only entertained but also enlightened parents about the urgent need to protect our environment.

The students enthralled the audience with an inspiring showcase of yoga poses inspired by the beauty and harmony of the natural world. The skit segment vividly depicted the impact of plastic pollution on our planet, portraying Earth's struggle against the invasion of plastic waste. Accompanied by soulful melodies, students serenaded the audience with a song advocating for a cleaner, greener planet. The quiz served as an educational tool, empowering attendees with the knowledge of their carbon footprint and motivation to make informed choices and take meaningful action in their daily lives. Following the song, the stage pulsated with energy as students performed environmentally-themed dances choreographed to inspire change. In conclusion, the "Planet vs. Plastic" event was a resounding success, shining a spotlight on the urgent need for environmental awareness and action. We hope that the performances of the students not only entertained but also inspired parents to join the fight against plastic pollution and safeguard the future of our planet.







STUDENT COUNCIL - 2024

"Leadership is not about top down decisions, but it's about caring for people and their dreams."

The ASD Student Council Leaders for the year 2024-2025, have stepped into their roles and responsibilities from the day they have been inducted in the prefectural board in the ceremonial way at the turn of the new academic year. However, last week 13th June, saw the Council leaders gathered for yet another celebration, when they were handed over the much awaited and desired Student Council Letter of Appointment with roles and responsibilities clearly laid out. The school principal Dr. Sheela Menon reiterated her thoughts on the responsibilities that come with positions and fame. Students heard in rapt attention to their beloved Principal who herself has been an epitome of a great leader, observing whom our young leaders have a lot many take-away on time management, empathy and inspiring next generation of leaders, growing and gearing up to contribute to the continued culture of ASD's much revered and respected Student Council.





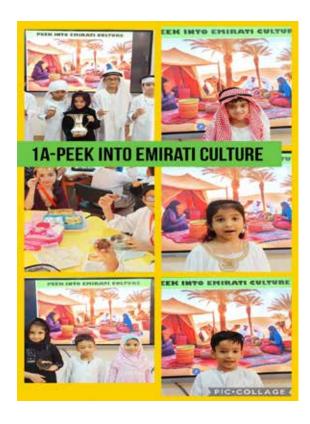
CELEBRATING EMIRATI CULTURE

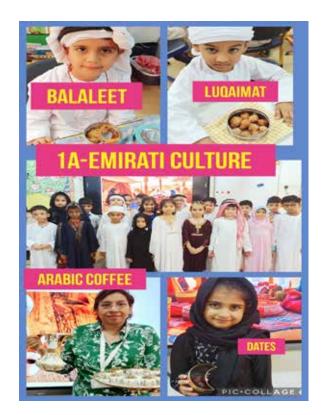
"If we are to preserve culture, we must continue to create it." Johan Huizinga

19th June 2024, Grade 1 students at Ambassador School, enthusiastically celebrated Emirati Culture Day, an event designed to explore and appreciate the traditions, customs, and heritage of the United Arab Emirates (UAE). This event not only promoted cultural awareness but also fostered a sense of respect and admiration for the rich Emirati heritage among young learners.

Students had got an opportunity come dressed up in Emirati costume (girls in Abaya and boys in Kandura). They spoke about their native culture and also about Emirati culture. Students brought Emirati delicacies such as dates, Arabic coffee, and Lugaimat (sweet dumplings), learning about the importance of hospitality in Emirati culture.

The Emirati Culture Day celebration was a resounding success, leaving a lasting impression on students and teachers alike. It not only celebrated Emirati heritage but also promoted cultural diversity, respect, and understanding among young learners. Such events play a crucial role in nurturing global citizens who appreciate and value the richness of cultural diversity.









STOGO FEST & ESAFE COP AWARDS 2023-24

Ambassador School, Dubai is one amongst the 10 winning schools from the 96 schools in the International STOGO FEST & eSafe COP Awards 2023-24, held under the Patronage of H.E. Sheikh Nahyan Bin Mabarak Al Nahyan, UAE Minister of Tolerance and Coexistence.

The mega online event was held on 7th May 2024. The theme was "Students' wellbeing in Physical and Virtual World".

92 schools participated in the STOGO FEST and 10 schools were identified for the exemplary innovative exhibits. These champions have not only demonstrated excellence in their projects but have also embodied the importance of student well-being in both the physical and virtual realms. Their work reflects a deep understanding of how to maintain a healthy balance and thrive in today's interconnected world. We keep celebrating creativity, embracing innovation, and prioritizing the well-being of our students.

18 ASDians participated in 3 categories, the working models, still models and presentation. Amongst the outstanding exhibits competed with exceptional spirit and talent, The STOGO CHAMPS Abhinav Chamoli and Krrishna Agarwal won the first position for working model in senior category for their Electric Vehicle. Water Jet 173 presented by Sai Suhanth, Mir Hussain and Vinesh Chandode won the 2nd position in middle school working model category.

Congratulations to all the students and Team Ambassador for this incredible achievement!











WORLD SCHOLAR'S CUP-2024 REGIONAL ROUND

'Competition teaches you the value of hard work and dedication'- Kobe Bryant

Year after year this internationally acclaimed event is like a journey towards excellence in honing basic life skills coupled with collaborating with diverse cultures from across the globe.

Once again, Ambassadors both Junior and Senior were a part of the Dubai II Regional Round hosted by Sunmarke School on 25th and 26th May 2024. The theme for the year is 'Reimagining the Present'. The energy driven opening ceremony showcased the ice- breaker number, 'What could go wrong? The main events namely the 'Team Debate', 'Collaborative Writing', and 'Scholar's Challenge' swept the participants off their feet in a continuous attempt to excel at each. In the Senior category for the Scholar's Challenge our team comprising Anjali Sharat, Rajnish Teketi and Aarish Banerjee was awarded a trophy for securing the 3rd position. They also bagged another trophy for ranking 5th as the Overall Qualifiers for the Global Round.

Rajnish was adjudged the 'Top Scholar from ASD'. The Senior Team with Advait Vijayvergiya, Aaryan Sukumaran and Shlok Bhatt were placed 4th in the Overall Qualifiers for the Global Round. The 'Debate Showcase', a forum for the selected speakers, witnessed Shlok Bhatt as a jury panelist.







EDU STREAM CHAMPIONS NATIONAL 2024

'Champions are made from something they have deep inside of them a desire, a dream, a vision' -Mahatma Gandhi.

.STREAM in ASD is a complete package, preparing our students to take the 21st century challenges and to propel them to think out of the box in search of the solutions. ASD students no wonder, has always brought pride to their school for their extraordinary skill development and the coaching that they get from our very active, persistent and goals- driven STREAM department. A very recent competition, Edu STREAM Champions National 2024 at Amity Dubai, once again had our ASDians showcasing their STREAM skills like problem-solving, collaboration, critical thinking and innovation.

Soe Aung and Suhaan Jain of grade 9 won the first runners-up position as Al Innovators –Excellent work in the category of Industrial Automation, while Aarin Pillai and Nayara Kurani of grade 1 won 2nd runners-up in Enjoy Al "World Tour". Both the teams have qualified for the International competition which will be held in Morocco and Shanghai at the year end, as informed by the organizers. We are proud of our STREAM Champions who enjoy playing with and learning, and innovating the new.

Congratulations to the winners! Wishing more accolades to the Ambassador School STREAM team in the times ahead.







INTER-SCHOOL CLASSICAL DANCE COMPETITION

Dance is nature. The biggest thing that classical dance and music does to you is help attain balance between your mind and soul." Pandit Birju Maharaj

MARGAM, an inter-school classical dance competition was conducted by Pearl Wisdom School Bhavans, Dubai, on June 1st. ASD's Aparna Salil of Grade 6B won the 3rd place in Bharatanatyam Solo Dance Competition among 25 other participants from different schools in the UAE. ASD prides itself for having such talented pools of students in its fold who not only carve out their places in academic and allied areas, but also in Sports and Performing Arts. Dance is much loved by most students, but acing in India's varied classical dance forms give our students an extra mileage in their skill development, in building their focus and nourishing their physical, mental and emotional wellbeing.

Our heartfelt Congratulations to Aparna for her fantastic performance. Our best wishes to all our talented students, encouraging them to develop such beautiful pursuits and enjoy performing before a wider audience.







@ambassadorschooldubai



Well-being Calender MONTHLY NEWS LETTER **June 2024**





Creativity is just connecting things-





I prefer living in color-

Try some coloring but only using 3 colors. Notice how.



on't be afraid to give up the good to go for the great-

Decide to look for what's good, even on the difficult days.



that happens, but we can change our experience of those things-

Notice the upsides during the lockdown, however small.



yourself, love your inner child-

Rediscover a fun childhood activity that you can enjoy today.



A moment of gratitude akes a difference in you attitude-

Ask loved one what they feel grateful for at the movement.





A journey well shared is a journey well enjoyed-

Make a plan with friends to do something that fun together



The little things mean the

Be thankful for the small things in life.



You can't use up creativity. The more you use, the

Discover your creative side-draw a thank you card for



Anything is possible when you have the right people there to support you-

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Ask someone what they think your greatest strength is.



Be kind to you. Treat yourself the way you would treat a friend.



Eat good, feel good-

Eat food that makes you feel good and really savour it.



Smile, it increases your face value-

Watch something funny and enjoy how it feels to laugh.



I prefer living in colour

Try some colouring but only using 3 colours. Notice how.



A new month, a new week, a new day...the opportunities are endless-

List all the positive things that have happened this month.



Life is like mirror; we get the best result when we

Remember to smile if you look in the mirror.







The only thing that will make you happy is being happy with who you are-

List 3 things you want to do this week which will make you feel happy.



Let us always meet each other with smile, it is the beginning of love-

Smile and be friendly, even while you're social distancing.

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It is during our darkest moments that we must focus to see the light-



Healthy is an outfit that looks different on everybody-

Find a joyful way of being physically active (indoor or out).



There is nothing more beautiful than someone who goes out of their way to make life beautiful for others-



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We can't control everything that happens, but we can change our experience of those things-

Notice the upsides during the lockdown, however small.



Love yourself, love your inner child-

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Sometimes you will never know the value of a ment until it becomes

Create a list of favourite emories you feel grateful for







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