



Feel Good Update



Week 4: Wednesday 6th May 2020

Inspirational Video

Our video this week focuses on the things we have in common. As the world comes together to overcome the coronavirus challenge, this video looks at what unites us in our families, our communities and across the globe. **Watch the video [here](#).**

Feel Good Friday Photos



This Friday the nation will come together to celebrate VE Day 75: the seventy-fifth anniversary of the end of the Second World War in Europe. We want to join in this celebration with our own Eckington School *virtual* street party! **This Friday we would like you to send photos of you and your family in colours of the Union Flag. You can wear red, white or blue, paint your face red, white or blue, even dye your hair red, white or blue – just make sure it washes out!** Send your photos to admin@eck.leaptrust.co.uk

Feel Good Friday Challenge

Make a balloon kebab.

If you manage this, send your photos to:

admin@eck.leaptrust.co.uk

No *Googling* to see how it's done!



How to complete last week's challenge

Make an egg fit inside a bottle without breaking it.

The method

1. Submerge the egg in a glass of vinegar for two days: the shell will become rubbery.
2. Heat the bottle in hot water – remember to use gloves or a tea towel when handling it.
3. Rest the egg on the neck of the bottle.
4. As the air inside the bottle cools down, it will contract and suck the egg down.



Three-minute mindfulness breathing space

This podcast is a free three-minute breathing space narrated by Ed Halliwell – one of the world's leading mindfulness teachers. You can listen to it whenever you feel tense and it is a simple and great way to calm your mind and body down. Listen to the podcast [here](#).

Weekly Competitions

Photograph Competition – An Eckington Mascot

We received dozens of entries for the last photo competition, so we have decided to run another one. This time we want you to send us **photographs of your pets**. We want as many as possible to help create a menagerie of **mascots**. Ribbons, bows or coats in the Eckington colours of **blue** and **yellow** would be fantastic. If you don't have a pet – dig out those cuddly toys!



Origami

Our second competition this week, is to send us photographs of your origami creations. There is no theme for your creations – we just want to see how creative you can be!

Prizes will go to the most impressive pieces. Think about design, size and complexity.



There will be prizes for the best looking entries. Send your origami masterpieces to: admin@eck.leaptrust.co.uk

Random Quiz

Find the Movies. There are 36 movies to find on the picture below.

The movies span a number of genres - including horror, kids and rom-com - and include live-action films as well as animated classics. Some of the titles date back more than half a century, while some were made in the last few years - and there are a few award-winning masterpieces in the mix. It's a sure fire way to kill some time in lockdown, and you might even get some inspiration for what to stick on the telly tonight.

Send your entries to admin@eck.leaptrust.co.uk.

