

17TH NOVEMBER 2020

# SCHOOLS OUT, TAKE ACTION

*New Heights Youth Social Action Newsletter*

Hello everyone, how are you all? We hope you are keeping safe and well.

## Crossword

Follow the numbers to complete the crossword. The picture will give you clues:

1

2

3

4

5

6

7

8



Story Explorers is a brand new children's and podcast series, which is all about stories for 7 to 11-year-olds, available weekdays at 6.15pm on the national children's radio station Fun Kids. It is hosted by CBBC presenter Ben Shires, and will feature a different children's author and group of school children each week.

**To listen to the show, visit:**

[funkidslive.com/podcasts](https://funkidslive.com/podcasts)

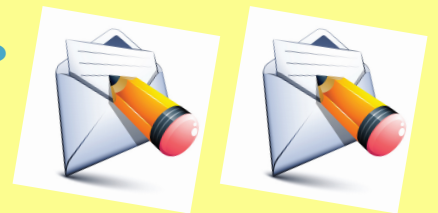
**For more activities and information, visit:**

<https://wordsforlife.org.uk/activities/listen-our-story-explorers-podcast/>

## ARE YOU FEELING ANXIOUS, SAD OR SCARED ?

Try this activity from Childline's Calm Zone

<https://www.childline.org.uk/toolbox/calm-zone/>



Choose a day that you're feeling happy and write a letter to yourself, either on paper or on your phone, to read when things are more difficult or you're struggling to cope. Remember to include advice about things that have helped you to cope in the past. Read your letter to remind yourself that you have days when you feel less anxious and your mood improves.