

24TH 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.



Colouring for calmness

Did you know colouring is good for you?

It helps to reduce stress and anxiety and is good exercise for your brain.

So what are you waiting for?

On your marks, get set, colour!

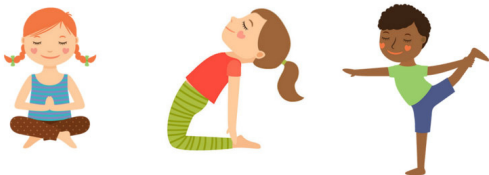


ARE YOU FEELING ANXIOUS, SAD OR SCARED ?

Have you thought of trying yoga? You can find a selection of yoga videos at: **Childline's Calm Zone** -

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

Lots of people use yoga to feel calm. It can help you relax, gently build your fitness and keep you active. And Nicole from Yotism has created a few short activities and routines for you to try. Remember to take breaks when you need to and only try poses you're comfortable with. If you're worried about your health or mobility, it can help to ask an adult you trust for advice before you start.



The benefits of
YOGA

