

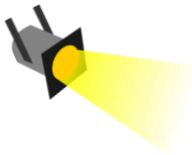
Lockdown Lift Up

THE WEEKLY SCHOOL CLOSURE NEWSLETTER FOR YOUNG PEOPLE WITH AUTISM

THIS WEEK: Exercise Top Tips, Sean's Great Ideas and Unscramble the Word!

ENERGISE THROUGH EXERCISE!

Welcome to this week's Lockdown Lift Up. Hopefully, you all had a go at defeating some vegetables last week, I wonder if any of you have new favourites? Continuing with our theme of health, this week we are putting the spotlight on exercise!



Whichever fitness guru you follow their message is usually the same. Do exercise because it makes you FEEL better. In fact, they're right!

🔍 SCIENCE FACT ALERT: 🔍

When you exercise it releases chemicals called Endorphines and this makes you feel positive – something we could all do with lots of at this time!

While we are in lockdown lots of people have turned to online exercise classes including PE with Joe on You Tube. Have you had a go?

LOCKDOWN TRIVIA:

955,158 households took part in Joe Wicks' online HIIT workout on the 24th March, making a new Guinness World Record! WOW!



<https://guinnessworldrecords.com/news/2020/4/joe-wicks-pe-with-joe-smashes-youtube-livestream-record-614934>



TOP TV: Miranda, Planet Earth, The Good Place, Atypical and Final Space.

Training Top Tips:

Find an exercise you love!

This could be HIIT training, walking, Tai Chi, dancing, ANYTHING that gets you moving!

Start off slow and build up.

Start small, if 10 minutes today is enough, then that's ok! Tomorrow you might be able to do 15 minutes!

Reward yourself!

Yup that's right...reward yourself and keep that reward in mind when you are exercising.

**THIS WEEKS CHALLENGE: TRY
2 DIFFERENT EXERCISES!**

BOREDOM BUSTERS!



Exercise ONLINE!

Search online for these short but sweet exercises:

- England Netball Team Drills
- NHS – 10 minute challenges
- Change4life - Disney shakeups
- Yoga with Adriene (You Tube)
- Joe Wicks (Body Coach)
- Just Dance (You Tube)
- Oti Mabuse (You Tube)

ON THE WEB

Calling all Harry Potter fans. If you haven't already – have a go at being sorted into your house or find out what your patronus is!
<https://www.wizardingworld.com/collections/harry-potter-at-home>



Guinness World Records

Want to know the most items kicked off people's heads in 1 minute? Or perhaps other weird and wonderful records? Then check out the Sports and Strength Showcase @ www.guinnessworldrecords.com/

BEWARE: Don't be tempted to recreate some of the records at home!

Your Say



A massive THANK YOU to Sean for your fab cartoon! We love your ideas about how to cope with being in lockdown!



This Photo by Unknown author is licensed under CC BY-ND.

We would love to hear from you about what you are doing.

Get in touch at:

SENandInclusion@Peterborough.gov.uk

*Please Note: We cannot publish any photos that contain images of people.

Cosy Corner

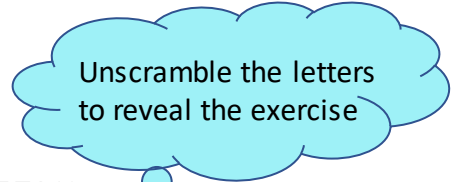
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Poetry With Charley Genever 1-2pm You will need: Pen & Paper	Collage With Clare from Paisley Art 1-2pm You will need: Pen & Paper Glue & Scissors Scrap Paper/card	Phone Photography With Danny Ackerley 1-2pm You will need: Pen & Paper Phone	Street Art With KORP 1-2pm You will need: Black Marker Pen & Paper	Body Positivity With Ellie Sandall 1-2pm You will need: Coloured Pens/Pencils & Paper Glue & Scissors Scrap Paper/card	Q Group LGBT Youth Club Email for info
Youth Panel Young Commissioners Panel Contact for details FREE Youth Inspired		Youth Club With Youth Inspired FREE 3:30pm		Wellbeing With Kirsty from YPCS 3-4pm You will need: Coloured Pens/Pencils & Paper Glue & Scissors Scrap Paper/card	EVERY DAY Little Miracles zoom SEND Youth Club contact for details

All sessions are FREE and available for young people aged 12+ who live in Peterborough, UK

Contact Youth Inspired to join:
youthinspired@pcvs.co.uk



What's on...
 May
 4th - 29th
YOUTH INSPIRED



1. LBATENL
2. NTIESN
3. OJDU
4. GAOY
5. NGIUNRN
6. TSANYMGCSI
7. HASUSQ
8. FOGL
9. VAIELNJ
10. KOHYCE

ANSWERS NEXT WEEK!