

Hello all,

I hope you are doing well and had a wonderful Easter break completing all the fun Easter activities!

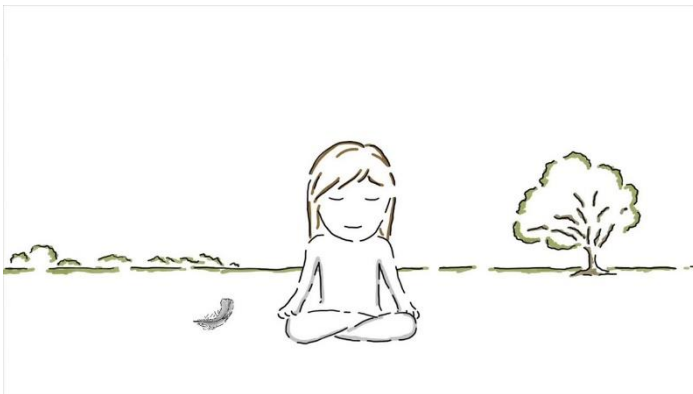
Well done to you all for sending in pictures of your photo challenge. Your cakes looked amazing!

Over Easter, I started a new hobby. Recently I have been spending too much time on my phone, TV, laptop (list goes on...) so I decided to take a break from staring at a screen to help my mind, body and soul. I started a new hobby – meditation. I used to think that meditation was so easy but little did I know that it is quite challenging. I downloaded an app called 'HeadSpace' on my phone and sat in my garden for 10 minutes listening to the instructions I was given. It was so hard to silence my mind.

I realised that even when you feel like you're bored or you're not doing anything, your brain is still working and thinking without you knowing. Your brain never has a break and it's important to rest it the same way we rest our bodies by going to sleep at night. My brothers also tried meditation. They realised that when 10 minutes was taken out of their day, all they could think about was playing PlayStation again or eating snacks!

It's fair to say that it took us a few tries but we stayed resilient and now I feel I am able to take 10/15 minutes out of my busy day to just listen to the birds singing, wind blowing or even just the cars driving by. It is so important that we put time aside to reconnect our thoughts with our bodies. Honestly, it makes me feel so relaxed and calm so give it a try and see if you like it!

Have you got any hobbies or anything new that you have started?



The answer to last week's riddle is **18**. There are 3 letters in 'The', 7 letters in 'English' and 8 letters in 'Alphabet'.

This week's riddle is:
When things go wrong, what can you always count on?

I'll be back next week to reveal the answer to this week's riddle. Until then, I am thinking of you all. Stay safe, keep smiling and never lose hope. We will get through this TOGETHER.

PS. I am missing you all so much!!

Speak to you soon,

Miss Ramzan.