

THE AMBER ARTICLE



Healthy smoothie recipe

**For this recipe
you will need :**

- 10 Strawberries with the stems off.
- 1 small banana sliced.
- 100 ml of Orange juice.
- Blender.
- Glass.

**Step 1: Add all your ingredients
to your blender.**

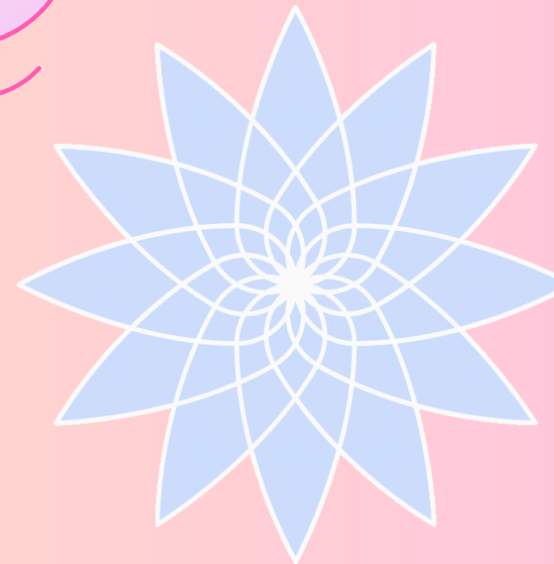
Step 2: Blend until smooth.

Step 3: Pour into your glass



Breathing exercise

Take your index finger on your right hand and place it at the bottom of your thumb on your right hand and slowly move your finger up to the top of your thumb and breath for 5 seconds and do the same all the way until you reach your pinky finger and keep breathing and the tip of each finger. When you are finished your left hand move onto your right hand



Positive Quote



“You don’t always need a plan. Sometimes you just need to breathe, trust, let go and see what happens” Mandy Hale

The 6th class girls Marley and Georgia interviewed Shannon Walsh and here is what she said...

How long have you been leading the amber team? 'I have been leading the amber team for 2 years and I was the one who started the amber flag team in the school.'

Why did you choose to lead the amber flag team?

I was really interested in wellbeing when I was in school I wished there was a team in my school that made it ok to talk about emotions. Now I am a teacher I want to empower the students in my school to be open and confident in sharing their worries if they have any.

What do you do to help your own wellbieng?
Every day I make sure to schedule time to do an activity that I like, I like to walk my dog in the Pheonix park, I like weight training in the gym,cooking, watching Tv and meeting up with my friends.

Do you have a favourite healthy snack? 'My favourite fruit is pineapple chunks.'

Do you have anything else you'd like to add?
'Yes, by doing activities with the Amber flag team I hope that the children in our school develop their emotional literacy.'



THANK YOU FOR LISTENING!

Marley and Georgia

6th class
