

Bloom's Stay At Home Ideas - Day Two

Make a card for someone's birthday/celebration coming up.

Edinburgh Zoo has live webcams in a number of animal enclosures:

<https://www.edinburghzoo.org.uk/webcams>

Here's a lovely animation about a guide dog in training to watch:

<https://www.youtube.com/watch?v=07d2dXHYb94>

Fun fact: an ostrich's eye is bigger than its whole brain!

Daily quiz questions:

1. What is the highest mountain in Great Britain?
 2. What is Harry Potter's middle name?
 3. What does a cartographer make?
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"Try to be a rainbow in someone's cloud."

10 Fingers of Gratitude

Researchers have found that people who focus on gratitude on a daily basis experiences significant psychological, physical and social benefits.

This is a very quick daily exercise which will have a very powerful effect on your day. It can be a good idea to do it first thing in the morning or last thing at night. In that way the grateful thoughts are more easily imprinted on the unconscious.

Bring to mind 10 things which you appreciate in your life today, counting them on your fingers. It's important to get to 10 things, even when over time it becomes increasingly hard! This is exactly what the exercise is about – consciously bringing into your awareness the previously unnoticed elements in your day to day life.

Because your mind can only think of one thing at once focusing on the good aspects of your life means you're unable to focus on anything that may be not quite as good.