



# HAPPY NEWS



TEENS

## Young people flock to birdwatching!



More young people than ever are getting into birdwatching! Yep, this once old-fashioned hobby is making a big comeback, especially with Gen Z (that's people aged 16 to 29). New figures show nearly three-quarters of a million young people across Great Britain are now enjoying spotting birds, making it one of the fastest-growing hobbies around! With social media full of tips, cool bird videos and nature trail ideas, more young people are having fun learning about wild birds while also discovering the calming benefits the hobby has to offer. From reducing stress to boosting your mood and helping you relax - why not give it a go?

## Poems on the Tube brighten journeys

This year marks 40 years of poems being shared on London's Underground, giving passengers a short break from busy journeys. The project places poems next to adverts, encouraging people to pause, think or simply enjoy a quiet moment. With a mix of classic and modern writers, the poems can spark ideas, emotions and even conversations. Many passengers say the poems help them feel calmer and more thoughtful, while also giving them a break from screens.

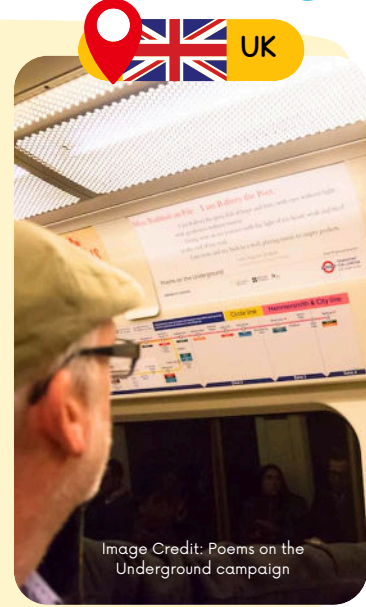


Image Credit: Poems on the Underground campaign



Image Credit: Guinness World Records

## Record-breaking road trip

Two friends have claimed a Guinness World Records title after taking a three-wheeled car on a 14,000-mile journey through 22 countries. Ollie Jenks and Seth Scott drove an old silver Reliant Robin, nicknamed Sheila, all the way from London to the Cape of Good Hope. Along the way, Sheila battled a broken gearbox, clutch trouble and even a blown engine, but still made it to South Africa, completing the longest journey ever in a three-wheeled vehicle!

## Quote of the Week

*"The little things? The little moments? They aren't little."*

-Jon Kabat-Zinn



Russia

## Stolen chips DO taste better!

It might not be great news for the person you pinch them from, but it could be for you! A new study has found that chips actually taste better when they're "stolen" from someone else's plate. In an experiment, people were given identical chips, but the ones they had to sneakily take - especially when there was a higher chance of being caught - were rated as crispier, saltier and more delicious! Scientists think the excitement of sneaking a chip makes it feel more rewarding.

## A gardener's best friend

A 96-year-old great-grandmother from the US has gone viral thanks to an unusual gardening helper - her 150-pound dog, Chewy! The giant Newfoundland helps Barbara in the garden by digging holes exactly where she points, making planting much easier for her. The simple teamwork has been watched by over 11 million people online, with many praising their special bond!



Image Credit: Amy Savino, family photo

## Mindful Minute

Set a timer for 60 seconds. Think of as many good things as you can that are happening in your life right now - big or small. When the minute ends, finish with one slow, deep breath.

