



# HAPPY NEWS



TEENS

## Famous paintings hit the streets

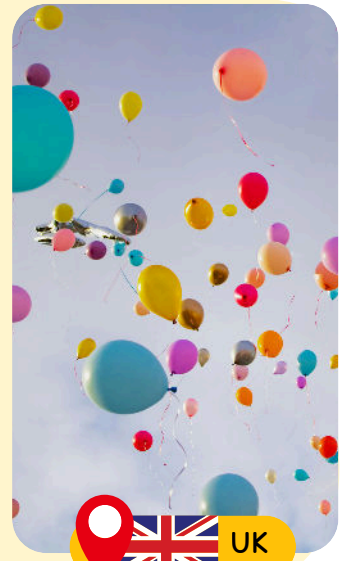


Image Credit: The National Gallery

Some of the world's most famous paintings are leaving the gallery walls behind and heading out on tour across the UK. High-quality reproductions of works by Vincent van Gogh, Claude Monet and Pablo Picasso will be popping up in parks, town centres and community spaces, giving people the chance to experience incredible art where they'd least expect it. The project hopes to get more young people interested in art by giving them the rare chance to see these masterpieces beyond the familiar gallery walls. Would you be interested in seeing them?

## Balloon ban will help protect environment

More councils across the UK are banning balloon releases to help protect wildlife and the environment. While balloon releases are often used to celebrate special moments or remember loved ones, conservationists say the balloons can end up harming animals or polluting beaches, parks and the countryside. Campaigners are encouraging people to try eco-friendly alternatives instead, such as bubbles, ribbons, tree planting or flower displays.



## Hilarious jumping dog goes viral

A bouncing dog from Exeter has become an unexpected TikTok star after millions of people watched videos of him hopping through the streets "like a kangaroo". The energetic cocker spaniel, Rupert, has gone viral thanks to his hilarious jumping style, with fans online calling him everything from a pogo stick to a real-life cartoon character. His owner says Rupert simply gets excited on walks!

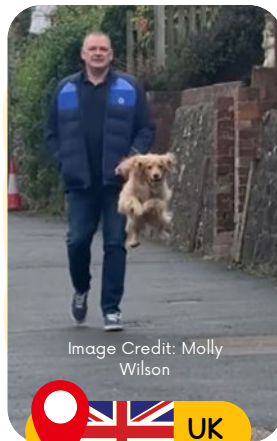


Image Credit: Molly Wilson



## Quote of the Week

"You can't use up creativity. The more you use, the more you have."

-Maya Angelou



## Museums are the new gym

If you needed a reason to check out the travelling art show, here it is - new research suggests visiting museums, galleries and taking part in creative activities can boost your wellbeing just as much as exercise. Researchers found that people who regularly engaged with art, music and culture felt healthier, less stressed and even aged more slowly, showing just how important creativity can be for both mental and physical health!



## Teen trio celebrate eco win

Three teens from India have won the Asia Earth Prize after inventing an incredible new way to remove microplastics from water. The 16-year-olds created "Plas-Stick" - a special powder made from tamarind seeds that clumps tiny bits of plastic together so they can be removed using a magnet. Judges praised the invention for being cheap, simple and environmentally friendly. They hope it will one day help millions of people access cleaner water.



Image Credit: Earth Prize

## Mindful Minute

Grab a piece of paper and spend one minute drawing or doodling whatever comes to mind - no pressure, no rules. When you're finished, take a moment to notice how you feel afterwards.

