

HAPPY NEWS TEENS

Slow breathing really does help, says science



Slow breathing really does calm the mind, even if you don't think it will work! Scientists wanted to find out whether slow breathing reduces fear and anxiety, or if it only works because we're told it will - a phenomenon known as the placebo effect. To test this, they studied two groups of mice: one breathed at a natural rate, while the other was trained for four weeks to breathe up to 70% slower. The mice that breathed more slowly were far less likely to freeze in stressful situations and were more comfortable exploring open spaces rather than hiding in corners. Scientists say the findings suggest that slow breathing can make real changes in the body that help us feel calmer.

Music lessons could boost your brain

Good news if you play a musical instrument! A new study from Canada has found that learning music may improve concentration and attention skills in young people. Researchers found that musicians were quicker to respond and less likely to lose focus during challenging tasks than non-musicians. Not only does playing music exercise the mind, but scientists say it could even help combat brain rot. So if you've ever thought about learning an instrument, this could be your sign to give it a go - it's never too late to start!



Would you survive 10 days offline?

How do you think you'd feel after 10 days without screens? In a nationwide challenge in France called Dix Jours Sans Écrans (Ten Days Without Screens), people have been switching off social media, gaming and other leisure screen-time for 10 days. Schools and communities have even organised extra outdoor activities and screen-free events to help people stay busy. The challenge aims to get young people thinking about how much time they spend on screens.



Quote of the Week

You don't have to be great to start, but you have to start to be great.

-Zig Ziglar

One post, one million trees

What would make 30,000 people travel across a country carrying shovels? A man from China called Zhong Jin launched a social media campaign called "Plant a Tree in Minqin" to help fight desertification in his home county. His call for help went viral, inspiring around 30,000 volunteers to travel to the remote area at their own expense. The ambitious project aims to plant one million trees and protect farmland, water supplies and the local environment.



Image Credit Xinhua

Moo-ve over Trump!

A rare albino buffalo has become an internet star thanks to its uncanny resemblance to the US President! Nicknamed "Donald Trump", the buffalo lives in Bangladesh and has been attracting crowds of visitors who think its fluffy fringe looks just like Trump's famous hair. Videos of the animal quickly went viral online, making it one of the country's most talked-about creatures. Even better, its newfound fame helped save it from being sacrificed - it now lives at the National Zoo instead!



Image Credit:Unknown

Mindful Minute

Put on your favourite song and spend one minute listening to just one instrument. It could be the drums, guitar, piano or bass. Notice how much you can hear when you really pay attention.

