



HAPPY NEWS



TEENS

Faith in humanity restored



Image Credit: The National Gallery

It might not always feel like it, but most people want to help others. That's the encouraging finding from a huge new international study, which uncovered a surprising pattern: most people are often willing to do good things for others, but wrongly believe that other people wouldn't do the same. Researchers found that 69% of people chose to give up some money to support climate action, even though most expected fewer than half of others to make that choice. The findings suggest that humans are far more cooperative than we often believe!

Quote of the Week

Sport has the power to change the world.

-Nelson Mandela

Football's feel-good factor

Watching the World Cup could actually be good for your health! Experts say major tournaments like the World Cup can give people a real wellbeing boost. Watching matches with friends and family helps us feel more connected, while the excitement of the game triggers the release of feel-good chemicals in the brain. Research has even shown that when national teams do well, happiness levels can rise across the whole country!



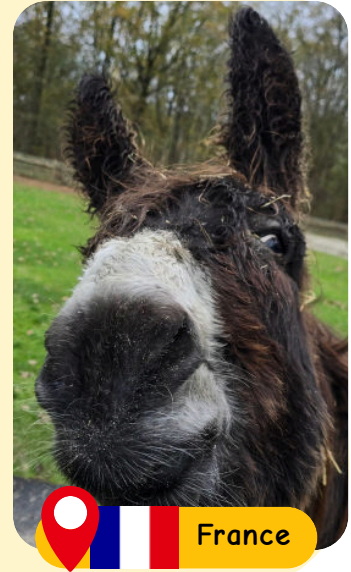
Mindful Minute

Pauline Kana achieved her dream at 99! Spend one minute thinking about something you'd love to do one day. Picture yourself succeeding and notice how it makes you feel.



Meet the therapy donkeys

Forget therapy dogs. therapy donkeys are helping patients at a hospital near Paris feel happier and more confident. People with conditions such as anxiety and depression spend time walking, grooming and caring for the animals, giving them a chance to relax, connect with others and take a break from the pressures of everyday life. Staff say the donkeys' calm and friendly nature helps patients open up and build self-esteem, while one patient said the sessions helped them stop worrying and enjoy the moment. What animal would be your go-to therapy pet?



Arsenal's surprise assist off pitch

Here's another uplifting donkey tale for you... Arsenal FC has donated around 40 pairs of football socks to a donkey sanctuary in Norfolk to help protect the animals from painful fly bites. During the summer, flies can cause sore, itchy infections on donkeys' legs, so the sanctuary uses the socks as protective coverings. Staff say the donation is one of the most unusual they've ever received, but also one of the most useful!



Grandma surfs into record books

Pauline Kana, a 99-year-old grandmother from the USA, has just broken a Guinness World Record by becoming the oldest person ever to crowd surf at a concert. During a country music show in Texas, Pauline was carried above a crowd of around 20,000 people on a cushioned stretcher as fans cheered and chanted "Granny! Granny!"



Image Credit: Ross Smith