



**CITY IN THE  
COMMUNITY**

# Blue Moon June



**Premier League  
Inspires**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mindful Mondays! 1</b>	<b>Tasty Tuesdays! 2</b>	<b>Workout Wednesdays! 3</b>	<b>Talking Thursdays! 4</b>	<b>Feel Good Fridays! 5</b>
<b>Mindful Breathing:</b> Using breathing exercises to help ourselves destress and unwind.	<b>Otamendi's Overnight Oats:</b> Ingredients- Oats, Vanilla Yoghurt, mixed berries, honey.	<b>5x5 Fitness Challenge:</b> Doing 5 sets of 5 different exercises to try and improve our overall fitness.	<b>Sharing's Caring:</b> Message 5 of your friends & family and ask them the question, "Are you OK?"	<b>Personal Bubble:</b> Try to find a quiet space to do 30mins of something you enjoy. E.g. Read a book, listen to music
<b>Mindful Mondays! 8</b>	<b>Tasty Tuesdays! 9</b>	<b>Workout Wednesdays! 10</b>	<b>Talking Thursdays! 11</b>	<b>Feel Good Fridays! 12</b>
<b>Mindful Observation:</b> Using techniques to become more aware of what's going on around us.	<b>Phil Foden's Fish Cakes:</b> Ingredients- New Potatoes, tinned salmon/tuna, onion, pepper, whole meal flour, lemon, olive oil, parsley	<b>Wembley Way:</b> 1 mile walk/ jog/ cycle for Wembley Way Challenge to get from the Etihad to Wembley	<b>Time for a Chinwag:</b> Call/ Message one of your friends and have a catch up about what they have been up to and how they are doing.	<b>Sharing Skills:</b> Try and teach a skill to another person. E.g. A football trick, something on the computer
<b>Mindful Mondays! 15</b>	<b>Tasty Tuesdays! 16</b>	<b>Workout Wednesdays! 17</b>	<b>Talking Thursdays! 18</b>	<b>Feel Good Fridays! 19</b>
<b>Mindfulness 5-4-3-2-1:</b> Using our senses to become more aware of the environment around us.	<b>Georgia Stanway's Chicken Fajitas:</b> Ingredients- Chicken breasts, wraps, red pepper, garlic clove, onion, olive oil, chilli powder, salsa	<b>City Circuits 1:</b> Make your own circuit of exercise to keep fit, make sure you share your circuits to @citctweets with the hashtag #CityCircuits	<b>Positive Vibes:</b> Message 5 of your friends & family telling them something that you like about them. Encourage them to do the same back!	<b>Learn a new skill:</b> Put 30mins a side to learn a new skill. It could be a new exercise or something you've always wanted to learn.
<b>Mindful Mondays! 22</b>	<b>Tasty Tuesdays! 23</b>	<b>Workout Wednesdays! 24</b>	<b>Talking Thursdays! 25</b>	<b>Feel Good Fridays! 26</b>
<b>Mindful Eating:</b> Using our senses to become more aware of the food that we are eating.	<b>Sterling's Special Fruit Smoothie:</b> Ingredients- Banana, kiwi, strawberries, raspberries, blueberries, oranges, milk, ice cubes	<b>City Circuits 2:</b> Try to make the circuit that you created last week harder and smash your personal best!	<b>Reconnecting:</b> Message a friend that you have not spoken to in a while for a catchup and to see how they are doing.	<b>Feel Good Footsteps:</b> Go for a walk outside with another member of your household to clear your mind and help your mental health and wellbeing
<b>Mindful Mondays! 29</b>	<b>Tasty Tuesdays! 30</b>			
<b>Mindful Body Scan:</b> Using mindfulness to become aware of how our body interacts with the environment around us.	<b>Jill Scott's Veggie Stir Fry:</b> Ingredients- Onion, peppers, broccoli, bean sprouts, carrot, green beans, garlic, noodles, Quorn chicken, stir fry sauce			