

## CYCLES



In nature, things keep going in cycles so nothing runs out, and nothing is wasted.

### The Cycle of Gratitude

**Challenge:** Say thank you every time you are given something, even if it's a very everyday thing. See how this makes the other person feel. How do you feel when someone thanks you? How do you feel if they forget?

**Challenge:** If you go outside, look for the remains of leaves in the soil or anywhere on the ground. How do they feel and smell? What do you think will happen to them eventually? Where do they fit in the cycle of nature?

**Challenge:** Learn to mend a torn piece of clothing or to sew on a button. Then mend something or sew on a button for someone.

<https://www.youtube.com/watch?v=MjmUaWkzF-I>

**Challenge:** Learn a poem/speech from a play or practice your musical instrument, your ball skills etc everyday for 20 minutes. Be strict with yourself for a week. How much did you improve? Keep going! In nature things keep going.

**Research challenge**  
Find out what living organisms feed on dead and decaying bodies so recycling in nature can happen.

## Bloom Personal Challenges

Try these today



### The Virtuous Cycle

**Challenge:** When someone annoys you, don't react. Show understanding. What effect does this have on you and on the other person?

Please let us know if you have enjoyed these challenges:  
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For more information on Bloom, visit  
[www.bloomeducation.co.uk](http://www.bloomeducation.co.uk)

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**Challenge:** Do all you can not to waste any food for a week. Keep a diary of what is wasted. Next week, aim to waste less food.

**Challenge:** Find a recipe and make something from left-over bread, cake, potatoes or other food. Send the recipe to a friend.

**Challenge:** Make a papier-mâché bowl using old newspaper and paste made from flour and water. After a few days when it's dry, paint it and give it as a present to someone.

<https://www.bbcgoodfood.com/howto/guide/how-make-paper-mache>