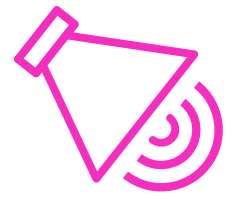


WHAT'S THE GOOD NEWS?



When you find yourself in the middle of a pandemic, it can be hard to stay positive!

You may feel like normality doesn't exist right now, your usual routine is disrupted and you're unable to enjoy leisure activities and hobbies, or spend time with those you love. You're not alone.

When we're stuck at home, we may feel bombarded by news, which can be overwhelming.

News should be informative, but it doesn't need to be negative, getting a dose of positivity can really brighten our mood. We've collected some good news stories from March 2020 to share with you. Enjoy!





There are lots of feel-good stories highlighting human kindness and community spirit:

Half a million people volunteered to help the NHS in a matter of days, showing support to key workers and vulnerable people. People also recently took part in a national applause for carers to show support of frontline staff.

In local communities, people who are healthy and able have been helping their neighbours receive supplies as part of a project known as the *Postcard Campaign*.




New study finds that rats show empathy, and avoid causing harm to one another. Lead researcher states 'moral motivation is evolutionary'.

Children across the country have been encouraged to brighten up their windows with artwork, and rainbow masterpieces have sprung up all across the country. This isn't just for the little ones!




In many care homes for the elderly, visiting has been restricted for some time, but people from across the world have sent cards, letters and presents to elderly residents to help them **stay connected** and brighten their days.

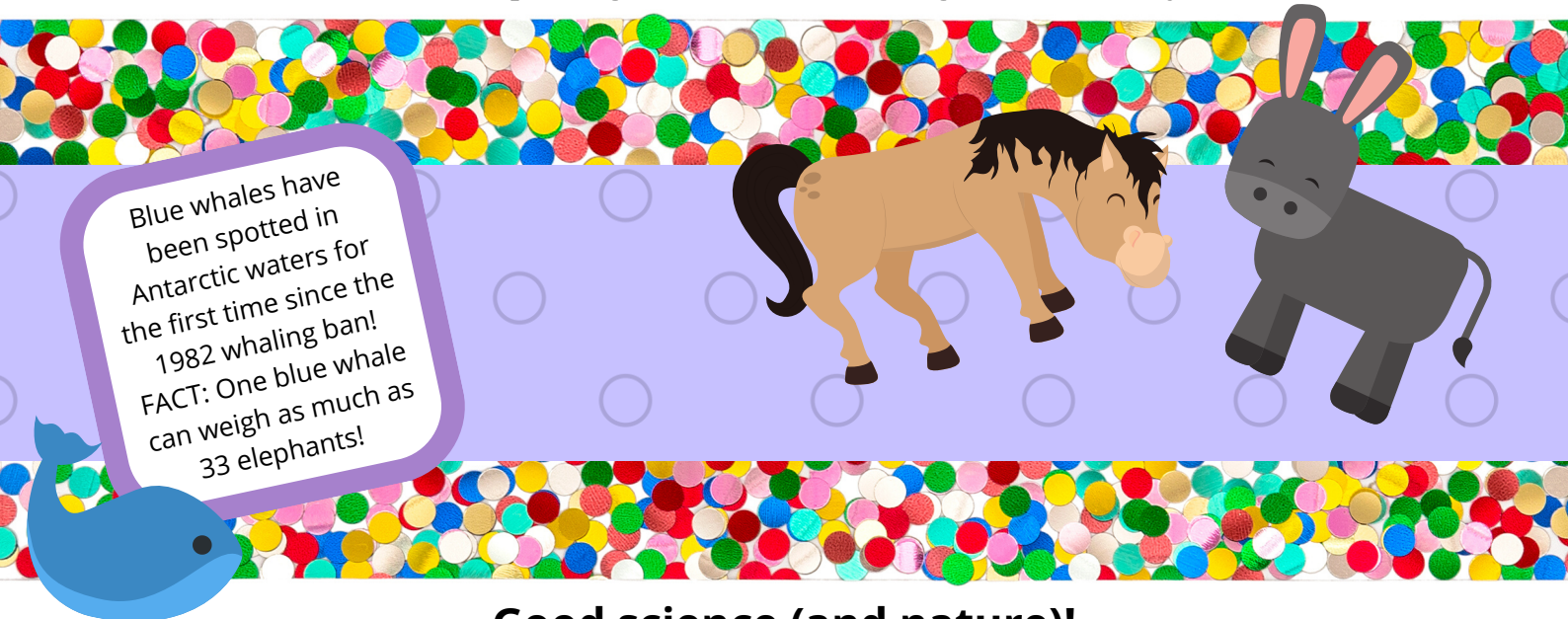




Celebrity Spirit:

Celebrities are staying safe and staying home, too. Many famous people are using their social media platforms to reach out to fans on live streams, or even to hold mini concerts! 

Hollywood icon, Arnold Schwarzenegger has been thrilling fans with regular public broadcast updates, delivered with the help of his **miniature pony and donkey**, Whiskey and Lulu.



Good science (and nature)!

The National Trust would like us to savour Spring blossom this year which is a great, feel-good campaign. If you notice blossom on a tree near you, take a picture, post it with #BlossomWatch so the National Trust can map UK trees.

Advances in science and medicine, mean a new 'reanimation' machine is now able to increase lung and heart transplants! It's reported this machine could **quadruple** lung and heart transplants for patients who are seriously unwell.





The Environment:

Angeline Arora (17), has created a plastic alternative made from prawn shells and spider protein that is insoluble and decomposes **1.5 million times** faster than standard plastic. Her product is ready for mass production.



A seagrass meadow of 1 million seeds, was planted off the Welsh coast in mid-March. Seagrass absorbs carbon dioxide faster than trees and is an important coastal habitat, but has been rapidly declining around the UK.



TIPS AND TRICKS

Whether you're browsing or someone sends you a link, **don't believe everything you read**: Always fact check your news! Especially if you feel a strong emotional response to the headline.

If hearing about current events is getting you down: **switch off**. Go for your daily walk, read a book, cook a meal, have a bath or play a game. In lock-down, we're surrounded by news and opinions about news, it's OK to take a break.

Find a source of good news, some Instagram accounts share weekly good news roundups, some news sites are dedicated to good news articles from around the world. Tune in to these when you need that dose of positivity!



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