

### INSIGHT 4 ME

### ABOUT ME QUIZ

**MONDAY**

Don't worry

Your emotional wellness

**TUESDAY**

Building on success

Are you a hypochondriac?

**WEDNESDAY**

People power

Can you keep yourself in check?

**THURSDAY**

Sleeping is good for you

The smell of success II

**FRIDAY**

How to say no nicely

Are your feelings easily hurt?

**SATURDAY**

Self respect

How honest are you?

**SUNDAY**

Connection

A look in the mirror

### moti quote of the week

One may miss the mark by aiming too high as too low.

### featured titles

I Can't Lose Weight; I hate My Spots

### BBC News feature

Bursts of intense exercise during the school day improve pupils' focus and concentration in class, a study says. Sports scientists found the youngsters became mentally quicker and sharper after a series of short sprints and slightly longer periods of walking. The Nottingham Trent University team said that by doing exercise the children were effectively speeding up their minds.



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### ABOUT ME QUIZ

**MONDAY**

Acting As If

Are You Emotionally Mature?

**TUESDAY**

Dare To Be Scared

Are You a Risk Taker?

**WEDNESDAY**

Be A Good Listener

Are You A Good Listener?

**THURSDAY**

It's OK To Be You

Can You Kiss and Make Up?

**FRIDAY**

Count Your Blessings

Are You A Holiday Hit and Miss?

**SATURDAY**

Well Done You!

Are You Independent?

**SUNDAY**

Speak Your Mind

Ghost Story

### moti quote of the week

Take care of your body. It's the only place you have to live.

### featured titles

I can't keep secrets, I feel suicidal

### BBC News feature

Young people who have regular contacts with employers while at school are much less likely to become so-called Neets - "not in education, employment or training", according to research. The findings, from the Education and Employers charity, suggest a long-term benefit of links with business. But the research found that employers' involvement was stronger in independent and grammar schools.

