

FREE!



HAPPY NEWS



ENGLAND

'Sheep therapy' improves mental health

Research shows us that animals can help our mental health. Now, one woman in Somerset, England, has started offering 'sheep therapy' to prove the case! Shepherdess, Carla McLeod Bunter, allows people to feed, walk and cuddle her flock of 14 sheep. She said: "If people can benefit from them, then it's a great thing to do."



Your weekly round up of feel-good news from around the world!

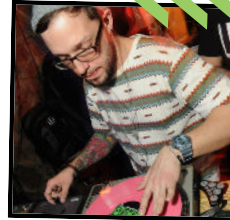
TEENS



USA

Successful deaf DJ says 'Everything is possible.'

Robbie Wilde, a successful DJ from Atlanta, USA, has mastered his art despite not being able to hear. He makes music by feeling the vibrations of the songs. Robbie says anything is possible: "Impossible is a word found in the dictionary of fools."



UK

62% of teens support TikTok's hour limit

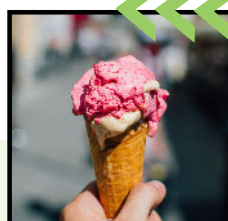
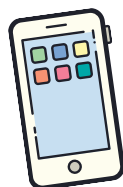
Last month TikTok introduced an hour limit for under-18s to encourage more positive screen time management. In a survey by First News, 62% of teens said they think the one hour limit a day is long enough to scroll the app. 38% said they would like longer.



KENYA

Teacher turns motorbikes into e-bikes using laptop batteries

Physics teacher, Paul Waweru, from Kenya has found a way to make old motorbikes run with laptop batteries. He gathers the batteries, finds cells that hold a good charge, and uses them for battery packs that replace the internal combustion engines in gas-powered bikes, making them electric. It takes about 45 minutes to fully charge the battery pack, which can then go for 60 miles.



USA

Ice cream is good for you?!

A Public Health Historian in the USA has claimed that ice cream might be healthy. Research has shown the frozen dessert may have some health benefits including protecting against insulin-resistance syndrome. However, the claim has been met with some scepticism. It seems more research is needed. We volunteer!

