



## DAILY VIDEO

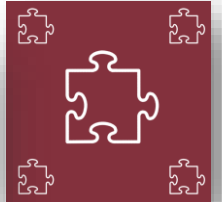
## DAY 1

[Click Here To Play Video](#)



Motivational Film | Award Winning Animated Short Film | Alyce Tzue

## DAILY ACTIVITY



### Day 1

Leave three happy notes for someone else to find in your house.



### An idea to check out...

... If you have younger children who like to read



### DAILY QUIZ QUESTIONS

- 1) Who were Henry VIII six wives?
- 2) What is the World's Longest river?
- 3) What colour is the 'Black Box' in an aeroplane?



### Today's Fun Fact

*In Switzerland it is illegal to own one Guinea pig*



## DAILY QUOTE

**"Yesterday is history, tomorrow is a mystery and today is a gift and that is why we call it the present"**

*Bill Keane*



LIFE SKILLS & WELLBEING

## WELLBEING & MINDFULNESS

