



DAILY VIDEO

DAY 28

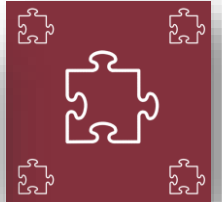
Sunday
19th
April

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STRANGE LIGHTNING STRIKES - Caught on Camera and explained

DAILY ACTIVITY



Day 28

Make sure you get >8 hours sleep tonight. Note how you feel the next day.



An idea to check out...

... If you are a **Harry Potter** fan you have to check out **POTTERMORE** the official website for finding your patronus wand type Website

DAILY QUIZ QUESTIONS

- 1) Which animal is known as the 'Ship of the Desert'?
- 2) Which fictional detective had a friend called Doctor Watson?
- 3) Which flowers are the emblems of Scotland and Wales?

Today's Fun Fact

Australia is the only continent on earth without an active volcano.

DAILY QUOTE

"Be the change that you wish to see in the world."

Mahatma Gandhi



LIFE SKILLS & WELLBEING

WELLBEING & MINDFULNESS



Where is my attention going right now?

What is my mind focussed on right in this moment?

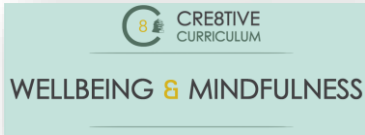
Answers to Day 27 Saturday 18th April Quiz

1. Colony
2. Orchid
3. Maps

Mindfulness tips:

Take five minutes out of your day to sit down in a comfortable position and think about the two questions above. Concentrate on your breathing and try to let all other stresses float away for these five minutes. Close your eyes if this helps.

I SPY WITH MY LITTLE EYE



1. Look around your home and try to complete the A-Z with your own ideas of what you see
2. For the five of the most difficult letters you can write 'I don't spy' instead
3. Extension: Once you have completed your own ideas can you find a second item for each letter

Letter	Inside the House	Second item	In the Garden
A			
B			
C			
D			
E			
F			
G			
H			
I			
J			
K			
L			
M			
N			
O			
P			
Q			
R			
S			
T			
U			
V			
W			
X			
Y			
Z			

