



DAILY VIDEO

DAY 41

Saturday
2nd
MAY

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Having Fun in Space!

DAILY ACTIVITY



Day 41

Ensure you have >5 fruit and veg today – Write them all day

V E G E T A R I A N



An idea to check out...

... want to see some beautiful data check out *information is beautiful* website

information is beautiful

DAILY QUIZ QUESTIONS



- 1) Which English football club are known as The Canaries?
- 2) William of Normandy was later referred to by what name?
- 3) Who was elected as the first President of the United States in 1789?

Today's Fun Fact



The Human tongue can detect five basic taste components; Sweet, Sour, Salty, Bitter and Umami

DAILY QUOTE

"Nothing succeeds like success. Get a little success, and then just get a little more"

Maya Angelou



LIFE SKILLS & WELLBEING

Answers to Day 40 Friday 1st May Quiz

1. Stranger Things
2. 5 Points
3. England

WELLBEING & MINDFULNESS



1. What three things are you thankful for this week?

2. Give an example of when you have been kind this week



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.

