

STAY AT HOME IDEAS



DAILY VIDEO

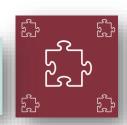
DAY 54

Friday 15th **MAY**

Click Here To Play Video



DAILY ACTIVITY



Day 54

Design a new logo for your school



An idea to check out...

... Audible are making hundreds of free online books available to children whilst schools are closed at no cost

DAILY QUIZ QUESTIONS

NAME THE CHILDREN'S MOVIE









WELLBEING & MINDFULNESS



Today's Fun Fact

Thanks to 3D printing, NASA can basically "email" tools to astronauts

DAILY QUOTE

"THE PAST IS YOUR LESSON. THE PRESENT IS YOUR GIFT. THE **FUTURE IS YOUR MOTIVATION**"

Zig Ziglar

What do you feel in your body? Where can you feel it?



Am I being distracted by things that are taking me away from the present moment and what is happening now?



Answers to Day 53 Thursday 14th MAY

1. N

2. Grover 3.Ostrich 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

