

DAILY VIDEO

PLAY



DAY 61

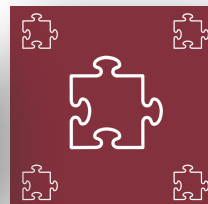
Friday

22nd

MAY



DAILY ACTIVITY



Day 61

Smile and say good morning to everyone in your household.



An idea to check out...

<https://quickdraw.withgoogle.com/>
doodle something and see how quickly google can guess what it is

DAILY QUIZ QUESTIONS

1. Which social network was launched by Mark Zuckerberg in 2004?
2. What objects are categorised using the 'Denier Scale'?
3. Sir Edward Elgar and Adam Smith have both featured on which British banknote?

Today's Fun Fact

Killer whales, or orcas, are not actually whales; they are actually a large species of dolphin

DAILY QUOTE

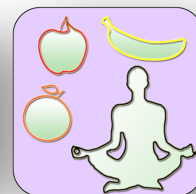
“Dreams and reality are opposites. Action synthesizes them”

Assata Shakur



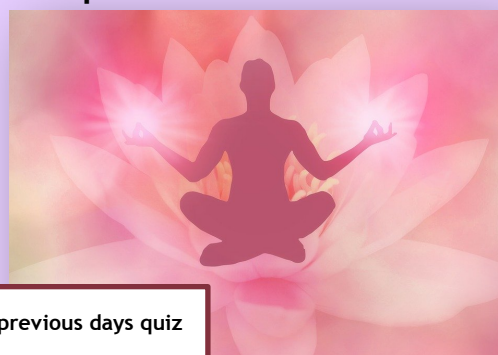
LIFE SKILLS & WELLBEING

WELLBEING & MINDFULNESS



Simple tip for wellbeing
Self-care

Introduce activities/times to help you relax and reduce any anxiety/worry. This might be a home workout, having a bath, cooking, cleaning, organising areas of your house, watching TV, DIY projects, anything that you enjoy and find pleasure in!



Answers to the previous days quiz

1. Kung fu Panda
2. Bee Movie
3. How to Train your dragon

MANDALA
COLORING
BOOK PAGE

