



DAILY VIDEO

PLAY

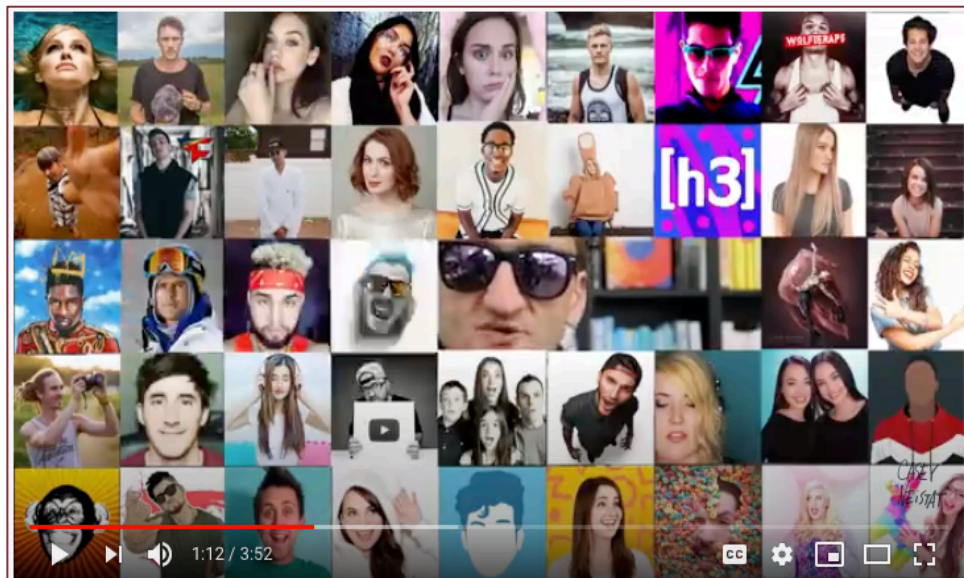


DAY 63

Sunday

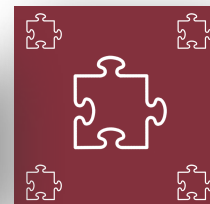
24th

MAY



DO WHAT YOU CAN'T

DAILY ACTIVITY



Day 63

Do 20 Jumping Jacks and 50 knee ups.

An idea to check out...

Create your own Mondrian-style abstract art here (read instructions):

<http://www.stephen.com/mondrimat/index3.html>

DAILY QUIZ QUESTIONS

1. Which British city has a Royal Pavilion and was voted 'Britain's happiest place to live in 2015?
2. What is the capital city of Spain?
3. The Hoover dam spans the border of which two American states?

Today's Fun Fact

Vincent van Gogh only sold one painting during his lifetime, even though he is now one of the world's most well-known artists.

DAILY QUOTE

"Life shrinks or expands in proportion to one's courage"

Anais Nin



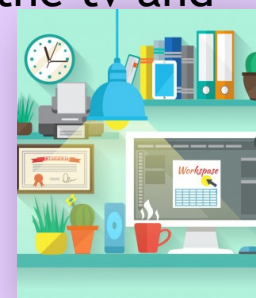
LIFE SKILLS & WELLBEING

WELLBEING & MINDFULNESS



Simple tip for wellbeing Routine

We are all used to routine, be that going to work or school or getting up at particular times. If you are now working from home, in self-isolation or home-schooling children, try and create a routine or plan each day as it comes. Allow yourself rest breaks, keep a lunch break, and be more flexible in putting in activities like watching the tv and doing household activities.



Answers to the previous days quiz

1. Wind
2. Sputnik 1
3. Lead

Odd one out = USA

DUNGEON

Solve the secret message which has been scrambled using a shift cypher. Once this message has been unscrambled you will know the secret password

Sn drbzod sghr qnnl
xnt vhkk mddc sn
jmnv sgd ozrrvnqc
vghbg hr zcudmstqd



ABCDEFGHIJKLM

NOPQRSTUVWXYZ



SECRET PASSWORD

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