

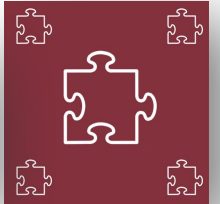


DAILY VIDEO

DAY 71



DAILY ACTIVITY



Day 71
 Draw and create your ideal place to live



An idea to check out...
 Listen to a free audio book with [audible](#)
 "For as long as schools are closed, we're open. Right now, kids everywhere can instantly stream an incredible collection of stories, including titles across eight different languages, that will help them continue dreaming, learning, and just being kids"

WELLBEING & MINDFULNESS



DAILY QUIZ QUESTIONS

1. Which TV and radio presenter wrote an autobiography called 'Banjaxed'?
2. Which sport was ruled illegal by King Edward IV in 1477?
3. Which European country has Vaduz as its capital city?



Today's Fun Fact
 Broccoli only came about after years and years of selective breeding between wild cabbage plants that started around the 6th century BC

Simple tip for wellbeing
Dep breathing exercises
 Breathing in for four seconds, holding for four, releasing for four is one way of helping us deal with the physical effects of stress and helps to calm our nervous system and bring more oxygen into the body.

DAILY QUOTE

"I have learned over the years that when one's mind is made up, this diminishes fear."
Rosa Parks



Answers to the previous days quiz
 1. Accident & Emergency
 2. Association of British Travel Agents
 3. Ministry of Defence

Playground Escape Puzzle"
 1 Pencil 2 Book 3 Uniform
 4 Ruler 5. Pen. 6 Shoes

