

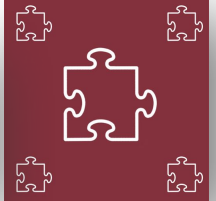


## DAILY VIDEO

### DAY 73



## DAILY ACTIVITY



### Day 73

Read 20 pages from the book you are reading or start a book



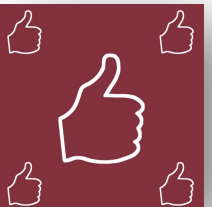
**An idea to check out...**  
A free FAMILY version 'print and download' card game from Cards against Humanity <https://www.cardsagainsthumanityfamilyedition.com/>

## WELLBEING & MINDFULNESS



**DAILY QUIZ QUESTIONS:**

1. In which year did Julius Ceasar's Roman army invade Britain?
2. In 1953 which two men were the first to reach the summit of Everest?
3. In which year did the Berlin Wall fall?



**Today's Fun Fact**

Armadillos have shells so hard they can deflect a bullet

### Simple tip for wellbeing Emotional Resilience

This comes into play where we can't control the stress that is coming in from the outside. To gain a wider perspective, write a list of all the things that are going well and good in your life, what are you grateful for?



## DAILY QUOTE

**"Almost always, the creative dedicated minority has made the world better"**



Answers to the previous days quiz  
1. Skittles  
2. Apples  
3. Canada

ODD ONE OUT = Politicians

# NEVER ENDING BASEMENT



Solve the secret message which has been scrambled using a shift cypher. Once this message has been unscrambled you will know how to escape the basement.

CYPHER ESCAPE

Rm cqaync rfgq zyqckclr  
wms ugjj lccb rm qmjtc  
rfgq pgbbjc. Cglqrcgl'q  
dyrfcp fyq rfpcc qmlq  
Bpyasjy, Kypw ylb?



ABCDEFGHIJKLM

H

NOPQRSTUVWXYZ

A

SOLVE THE RIDDLE BELOW

□ □ □ □ □ □ □ □

