



DAILY VIDEO

DAY 46

Thursday
7th
MAY

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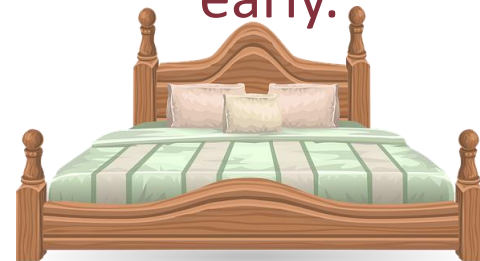
Motivational short video - How to succeed - cartoon

DAILY ACTIVITY



Day 46

Try to go bed at least 1 hour early.



An idea to check out...

... Start a family jigsaw and try to complete it in under a week with everyone contributing in some way

DAILY QUIZ QUESTIONS

- 1) True or false? Mice live for up to 10 years.
- 2) At what speed in mph does a wind become a hurricane?
- 3) Henry III put three barleycorns in a line to make which measurement?

Today's Fun Fact

Since 1945, all British tanks have come equipped with tea making facilities.

DAILY QUOTE

"Memories take us back. Dreams take us forward"

Gloria Nielsen



LIFE SKILLS & WELLBEING

WELLBEING & MINDFULNESS



1. Who have you said thank you to this week?
2. How can you make this world a better place?



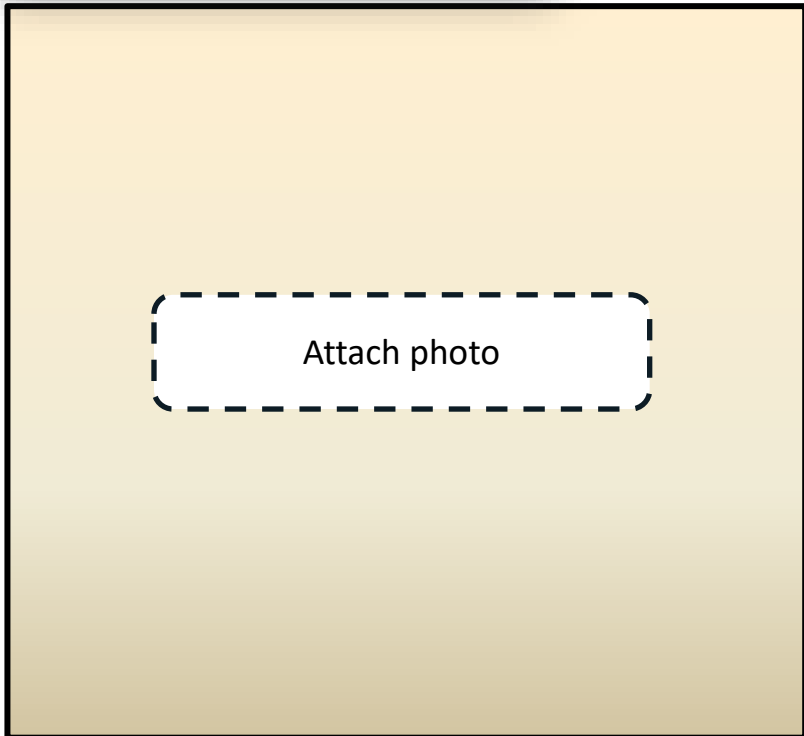
Answers to Day 45 Wednesday 6th MAY Quiz

1. 168
2. Iron
3. Avocado

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.

Profile of your local MP



Name: _____

Age: _____ **Gender:** _____

Political Party: _____

Recent Electoral History

Constituency	Date

Parliamentary Career

Post	Date

Select Committees

Committee	Date

Voting Record on Parliamentary Bills

Bills the MP has voted for 'Aye' Vote	Bills the MP has voted against 'No' Vote

