



## DAILY VIDEO

# DAY 45

Wednesday

# 6<sup>th</sup>

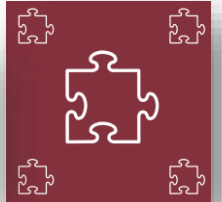
MAY

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For the Heroes: A Pep Talk From Kid President

## DAILY ACTIVITY



### Day 45

Visit a virtual museum! Go online and explore the collections online



#### An idea to check out...

... why not try out one of the new celebrity online classes streaming each week on **YouTube** by a variety of different celebs including Joe Wicks, David Walliams, Mylene Klass & Chris Packham

#### DAILY QUIZ QUESTIONS

- 1) How many hours are there in seven days?
- 2) Which metal makes the strongest magnets?
- 3) What food is used as the base of guacamole?

#### Today's Fun Fact

*A group of flamingos is called a "flamboyance".*

#### DAILY QUOTE

**"Do the best you can until you know better. Then when you know better, do better"**

*Maya Angelou*

#### WELLBEING & MINDFULNESS



1. What are your current goals and ambitions?
2. How do you reward yourself when you have done something well?

#### Answers to Day 44 Tuesday 5<sup>th</sup> MAY Quiz

1. Geyser
2. Croutons
3. Washington D.C

#### 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.



