

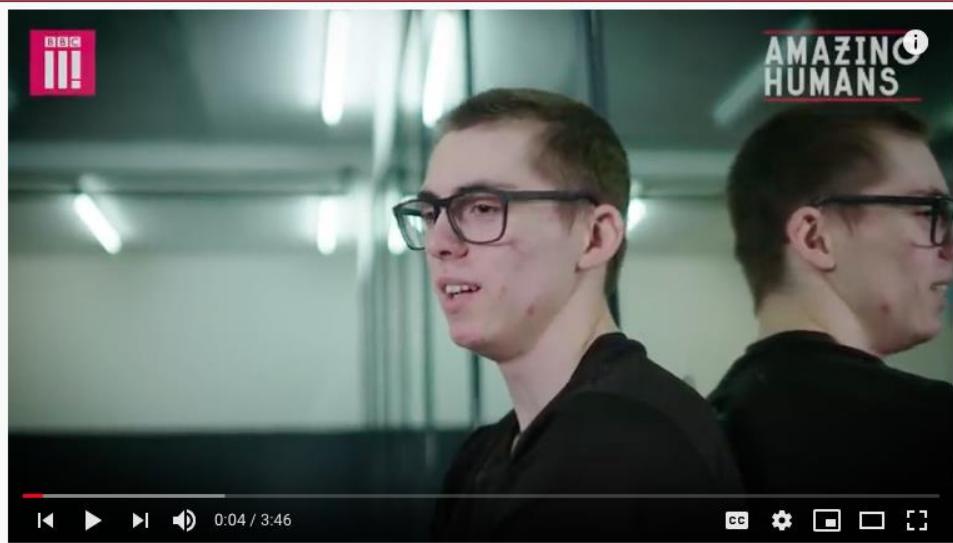


DAILY VIDEO

DAY 43

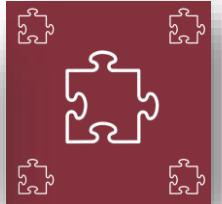
Monday
4th
MAY

[Click Here To Play Video](#)



The MMA Trainer Helping Victims Of Bullying

DAILY ACTIVITY



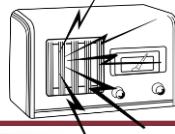
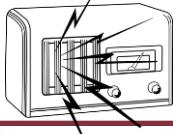
Day 43

Write down five positive things about yourself on Post-It-Notes



An idea to check out...

... Try listening to a new radio station today – My favourite is BBC the Money Show!



DAILY QUIZ QUESTIONS

- 1) The asterisk * appears above which number on a keyboard?
- 2) Which material has it's quantity measured in quires, bales and reams?
- 3) Which colour appears between violet and green on the spectrum of visible light?

Today's Fun Fact

Greenland is the country that can't join FIFA because of bad weather conditions and grass can not grow there!

DAILY QUOTE

"We may encounter many defeats but we must not be defeated"

Maya Angelou

WELLBEING & MINDFULNESS



1. When have you learnt from mistakes?

2. What do you appreciate about yourself?

Answers to Day 42 Sunday 3rd MAY Quiz

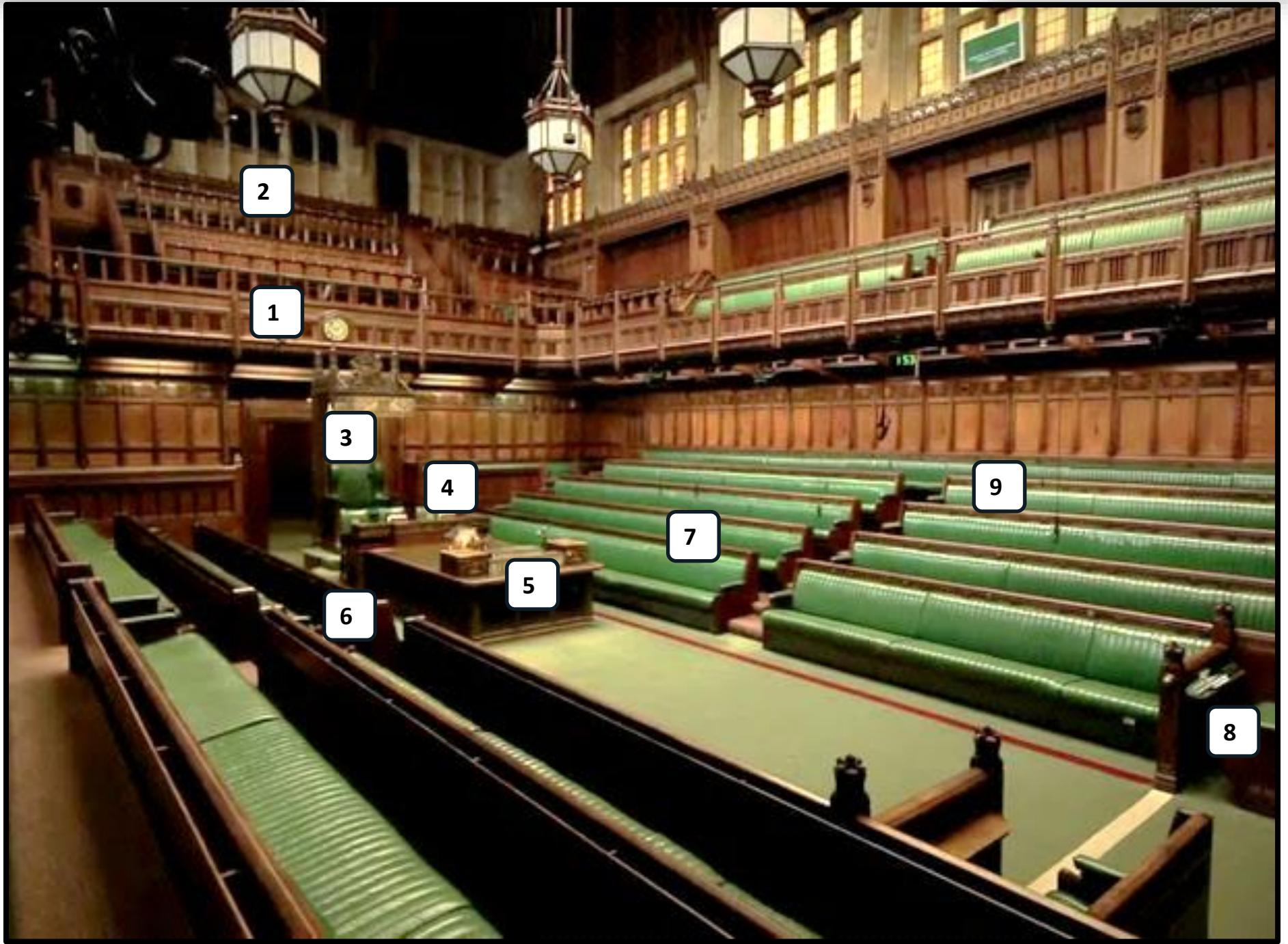
1. Prince Charles
2. Height
3. Oil

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.



HOUSE OF COMMONS



1 =

4 =

7 =

2 =

5 =

8 =

3 =

6 =

9 =

Answers to the 10 Disney Emojis

1. 🐔🍗 chicken little
2. 🌴🌴📖🐼 jungle book
3. 😡😡👹👹 monsters inc
4. 🐸👑🐸 princess and the frog
5. 🧞🏰🗡️👤 Aladdin
6. 🧠🔪🗡️ brave
7. 🐼👨🎨👨🎨 ratatouille
8. 🧑🧑🧑🧑 the incredibles
9. 🍡🍡🍡 Pinocchio
10. 🏹🏹🏹 mulan (very tenuous)

Opposition

Despatch boxes

Government

Press gallery



Back benchers

Serjeant at Arms' seat

Speaker's chair

Clerks' table

Public gallery