



DAILY VIDEO

DAY 35

Sunday
26th
April

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London Marathon 2017 - Swansea Runner Helps Man Finish Race

DAILY ACTIVITY

Day 35

Make a list of 10 things you want to do



An idea to check out...

... If you want to do more around wellbeing
Check out the *Art of Brilliance* Podcasts,
Videos and E-Books



DAILY QUIZ QUESTIONS

- 1) Which British monarch lived to the oldest age Queen Victoria or King George V?
- 2) What does the word Baguette mean in English?
- 3) When wiring a plug in Britain, what colour is the live wire?

Today's Fun Fact

Every year, plants make and store ten times the amount of energy that people use.

DAILY QUOTE

"Nothing is impossible. The word itself says "I'm possible!"

Audrey Hepburn

WELLBEING & MINDFULNESS



1. Give an example of when you have been kind this week

2. How have you been positive this week?

Answers to Day 34 Saturday 34th April Quiz

1. Olympics
2. Flags
3. Garlic

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.



COMMEMORATIVE OUTFIT



Wimbledon is the oldest tennis tournament in the world. It wants to embody the notion of women's rights

For 2020 Wimbledon wants to throw away its plain white outfits and design new commemorative outfits to celebrate 100 years since women got the right to vote.

- Design a new outfit for the promotes the following:
- ✓ Democracy
 - ✓ Women's suffrage
 - ✓ Tolerance and Respect
 - ✓ Equality and diversity
 - ✓ Ethical Sponsors



Sweatbands

