



## DAILY VIDEO

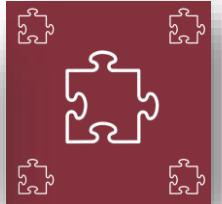
## DAY 30

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#peopleareawesome #peopleareincredible #peopleareamazing  
People are Awesome 2018

## DAILY ACTIVITY



### Day 30

Make breakfast for another family member



### An idea to check out...

... If you want to learn how something works try out [HOWSTUFFWORKS.COM](http://HOWSTUFFWORKS.COM) its full of interesting blogs and many spin off podcasts

## WELLBEING & MINDFULNESS



### DAILY QUIZ QUESTIONS

- 1) TRUE or FALSE the giant squid has the largest eyes in the world
- 2) What is the only English word to end in 'mt'?
- 3) TRUE or FALSE Almonds are a member of the peach family

What do you feel in your body?  
Where can you feel it?

Am I being distracted by things that are taking me away from the present moment and what is happening now?

### Today's Fun Fact

The Amazon rain forest supplies one-fifth of the world's oxygen!

## DAILY QUOTE

"Some people look for a beautiful place. Others make a place beautiful."

**Hazrat Inayat Khan**

### Answers to Day 29 Monday 20<sup>th</sup> April Quiz

1. Diary
2. Edinburgh
3. Liverpool FC

### 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.



# DESIGN A BLENHEIM AEROPLANE

Use your ideas to create your final plane.  
Cut it out first so you apply your design to both sides of the plane and wings

