



## DAILY VIDEO

## DAY 29

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Why NASA won't send humans to Venus

## DAILY ACTIVITY



### Day 29

Draw a picture of what you see in your garden or out of your window



**An idea to check out...**  
... Parents if you like online **satirical newspapers** the **OINION** is sure to bring a few laugh out loud moment



## WELLBEING & MINDFULNESS



### DAILY QUIZ QUESTIONS

- 1) What did Anne Frank write?
- 2) What is the capital city of Scotland?
- 3) Which Premiership Football team was leading before the Coronavirus stopped the season?



### Today's Fun Fact

*The longest recorded flight of a chicken is thirteen seconds.*

## DAILY QUOTE

**"Life changes very quickly, in a very positive way, if you let it."**

**Lindsey Vonn**



LIFE SKILLS & WELLBEING

### Answers to Day 28 Sunday 19th April Quiz

1. Camel
2. Sherlock Holmes
3. Thistle and Daffodil

### 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.

How do you feel about slowing your life down?

Can you stop for a moment and just "be"?

What happens when you stop?



IDENTIFY ALL 32 PARTICIPATING COUNTRIES IN THE 2018 FIFA WORLD CUP

EXTENSION: Can you name any of the capital cities?

Country / Capital City

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