



DAILY VIDEO

DAY 25

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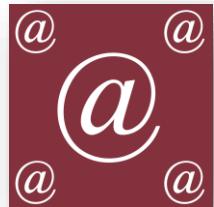
Donald Trump Singing Baby Shark

DAILY ACTIVITY



Day 25

Write a blog about something you enjoy doing



An idea to check out...

... if you like to make your own background music try out **A SOFT MURMUR** and try out the customizable white noise machine



WELLBEING & MINDFULNESS



DAILY QUIZ QUESTIONS

- 1) What kind of creature is a Komodo dragon?
- 2) True or false, a jellyfish is 95% water
- 3) The Romans came from which modern day country?



Today's Fun Fact

If you could live on the planet Mercury, a year would only last 88 days.

DAILY QUOTE

"You are enough just as you are."

Meghan Markle



LIFE SKILLS & WELLBEING

Answers to Day 24 Wednesday 15th April Quiz

1. Black
2. Jupiter
3. Eye

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.

What emotions am I feeling right now, right in this moment?

What three words describe your current experiences as you sit here in this room in the silence?



