



## DAILY VIDEO

## DAY 6

[Click Here To Play Video](#)

Belle hates baths, says Marii, her owner

I'm cold!

0:14 / 3:20

These Cats Can Speak English Better Than Hooman - NEW SUBTITLES

## DAILY ACTIVITY



### Day 6

Download a mindfulness App (CALM) on your phone.



**An idea to check out...**  
 ... Visit Nasa.Gov and watch the International Space Station on Ustream



### DAILY QUIZ QUESTIONS

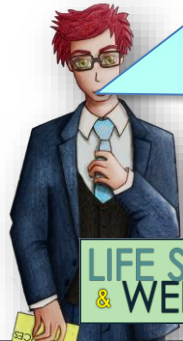
- 1) Name the 4 countries that make up the UK
- 2) What does the term Brexit mean?
- 3) What is the meaning of a leap year?



**Today's Fun Fact**

*If all the blood vessels in your body were laid end to end, they would reach about 60,000 miles.*

## DAILY QUOTE

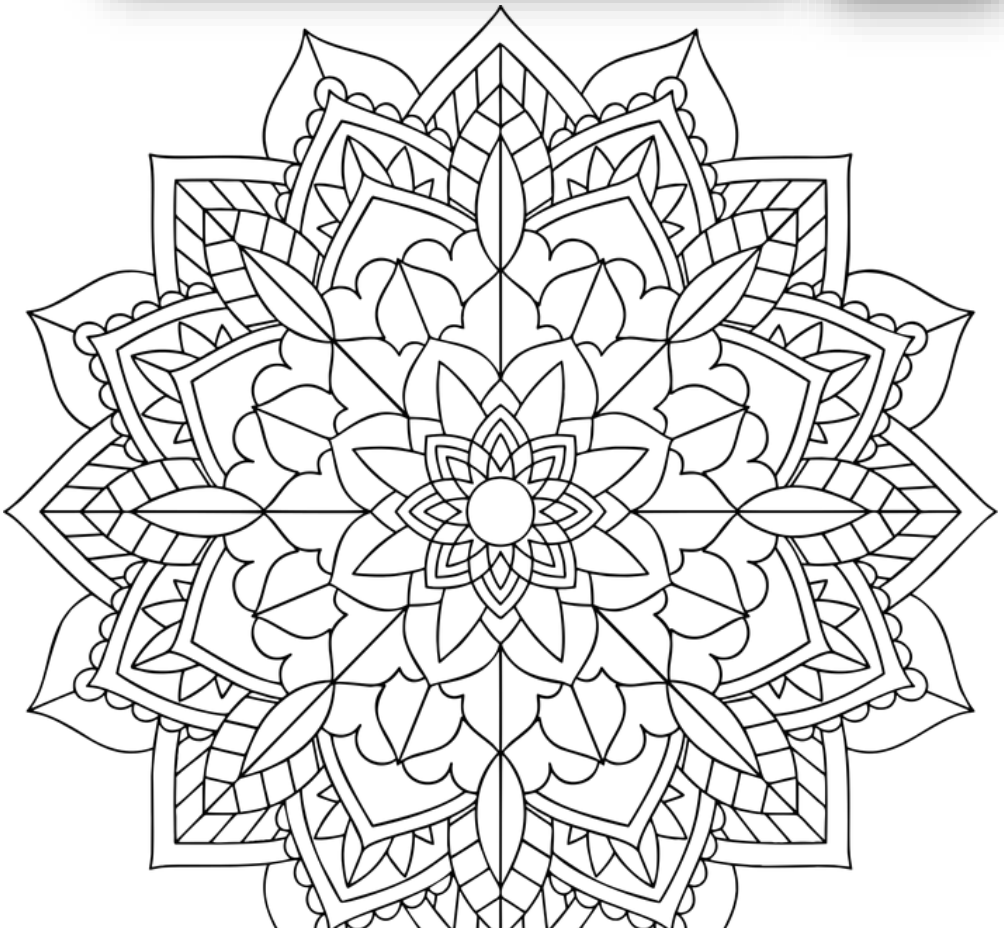


**"Yesterday is history, tomorrow is a mystery and today is a gift and that is why we call it the present"**

**Bill Keane**

LIFE SKILLS & WELLBEING

## WELLBEING & MINDFULNESS



Answers to Day 5 Friday 27<sup>th</sup> March Quiz

1. New York
2. 206 – (allow answers to the nearest 10)
3. Cardiff

