



DAILY VIDEO

DAY 8

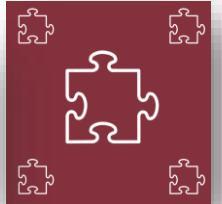
Monday
30th
March

[Click Here To Play Video](#)



31 UNREAL Domino Tricks! (10,000 Dominoes)

DAILY ACTIVITY



Day 8

Get in contact with a local care home and arrange to send a letter to one of the residents



An idea to check out...

... Learn British Sign Language for Free
(Several courses are free for under 18 year old's)



DAILY QUIZ QUESTIONS

- 1) What year did WW1 begin in?
- 2) How many teeth are there in an adult mouth?
- 3) How many years are there in a century?



Today's Fun Fact

Your brain is more active and thinks more at night than during the day

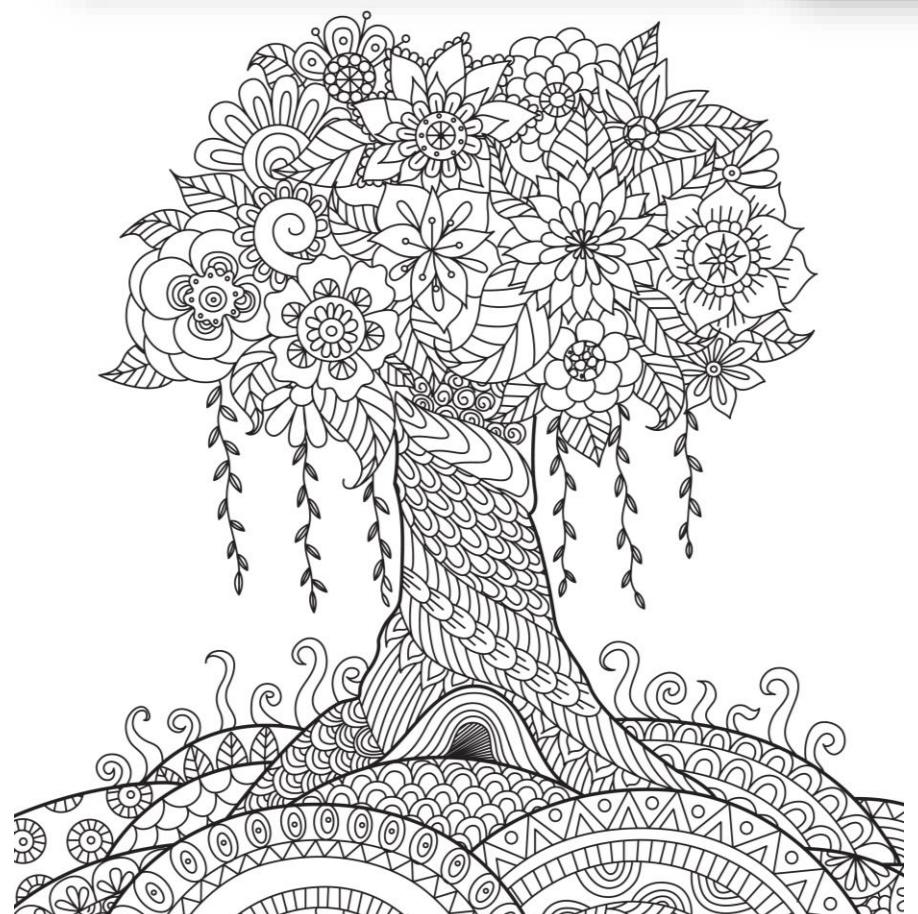
DAILY QUOTE

**"Act as if what you do makes a difference. It does."
William James**



LIFE SKILLS & WELLBEING

WELLBEING & MINDFULNESS



Answers to Day 7 Sunday 29th March Quiz

1. 360 degrees
2. 8 sides

3. Paris

