



## DAILY VIDEO

**DAY 8**

Monday  
**30<sup>th</sup>**  
March

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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

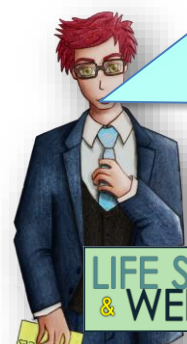
*Your brain is more active and thinks more at night than during the day*



## DAILY QUOTE

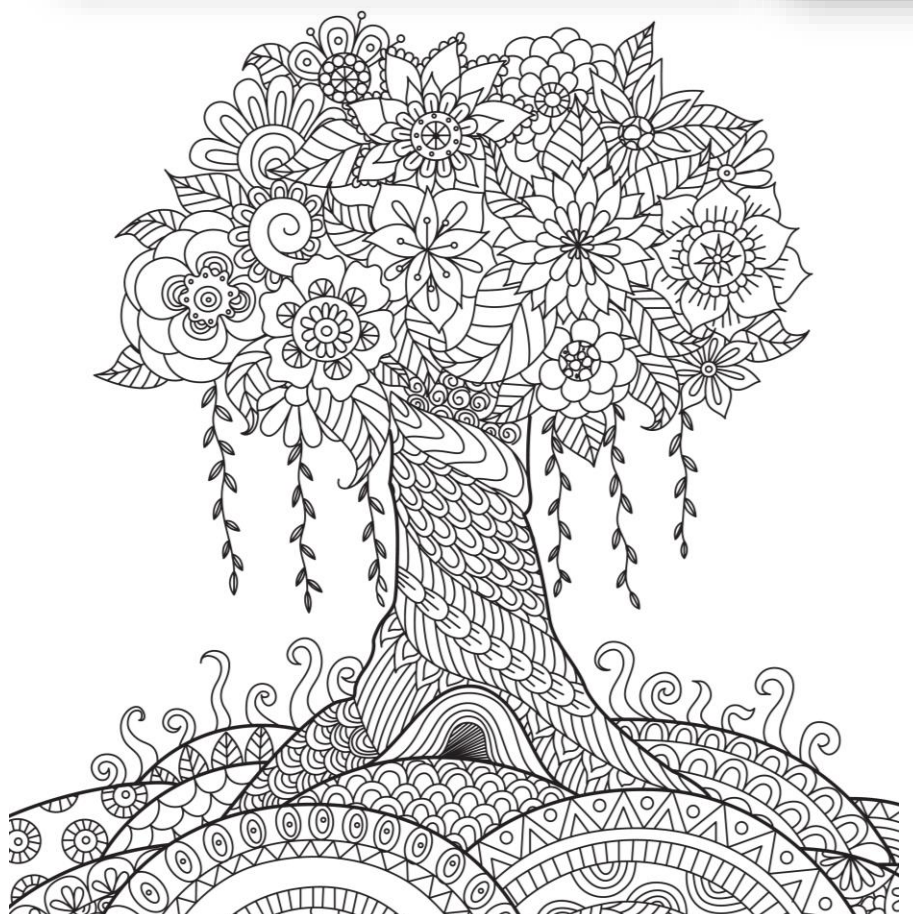
**“Act as if what you do makes a difference. It does.”**

**William James**



LIFE SKILLS & WELLBEING

## WELLBEING & MINDFULNESS



Answers to Day 7 Sunday 29<sup>th</sup> March Quiz

1. 360 degrees
2. 8 sides

3. Paris



