

## DAILY VIDEO

## DAY 51

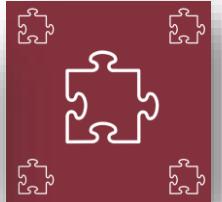
Tuesday  
**12<sup>th</sup>**  
MAY

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#cosmickidsyoga  
Saturday Morning Yoga | Harry Potter Yoga Adventure ⚡

## DAILY ACTIVITY



### Day 51

Play an old computer game you haven't played for ages



**An idea to check out...**

... A classic Snake game in multiplayer mode

<http://powerline.io/>



### DAILY QUIZ QUESTIONS

- 1) In the NATO phonetic alphabet, what word represents the letter Z?
- 2) How many toes does a hippopotamus have on each foot?
- 3) What is the name of the Sunday school teacher in The Simpsons?

### *Today's Fun Fact*

*The official animal of Scotland is the unicorn! How crazy is that?*

## DAILY QUOTE

**"Anything is possible and anything can be"**

**Shel Silverstein**



LIFE SKILLS & WELLBEING

## WELLBEING & MINDFULNESS



**1.** Why are you lucky to be in the situation you are?

**2.** What do you need to think and feel in order to achieve what you want?



Answers to Day 50 Monday 11<sup>th</sup> MAY Quiz

1. 12
2. 0 (Zero)
3. Blue White Red

**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.

