



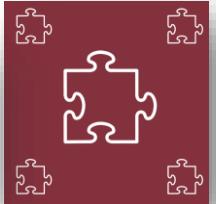
## DAILY VIDEO

## DAY 33

[Click Here To Play Video](#)



## DAILY ACTIVITY



### Day 33

Write a letter or send a card (Email or E-Card) to an elderly relative



**An idea to check out...**  
 ... If you have younger children who like to read

## WELLBEING & MINDFULNESS



### DAILY QUIZ QUESTIONS

- Which country within the UK voted against independence in a 2014 referendum?
- What city was awarded the 2020 Olympic Games?
- Chris Martin is the lead vocalist for which band?



**Today's Fun Fact**  
*A lightning bolt is 4 times hotter than the sun.*

## DAILY QUOTE

**"You must do the things you think you cannot do."**



LIFE SKILLS & WELLBEING

Fleanor Roosevelt

What do I appreciate about this moment right now?

What inspires you?  
 What have you done that inspires others?

Answers to Day 32 Thursday 23<sup>rd</sup> April Quiz  
 1 All played Batman  
 2. Green  
 3. Mount Vesuvius

**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.

Use your ideas to create your final Supermarket Fairtrade Delivery Vehicle. Cut it out carefully and don't use too much glue

**Final Designs**

- Guess the Football Clubs Answers form Yesterday**
1. = Shamrock Rovers
  2. = Shelbourne
  3. = Southampton
  4. = Blackpool
  5. = LA Galaxy
  6. = Red Star Belgrade
  7. = Hearts
  8. = Manchester City
  9. = Wolverhampton Wanderers
  10. = Roma
  11. = Swansea City
  12. = Paris Saint Germain
  13. = Eibar or Ajax?
  14. = New York Red Bulls
  15. = Crystal Palace

