



DAILY VIDEO

DAY 29

Monday
20th
April

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Why NASA won't send humans to Venus

DAILY ACTIVITY



Day 29

Draw a picture of what you see
in your garden or out of your
window



An idea to check out...

... Parents if you like online **satirical newspapers** the **ONION** is sure to bring a few laugh out loud moment



DAILY QUIZ QUESTIONS

- 1) What did Anne Frank write?
- 2) What is the capital city of Scotland?
- 3) Which Premiership Football team was leading before the Coronavirus stopped the season?



Today's Fun Fact

The longest recorded flight of a chicken is thirteen seconds.



DAILY QUOTE

"Life changes very quickly, in a very positive way, if you let it."

Lindsey Vonn



LIFE SKILLS & WELLBEING

WELLBEING & MINDFULNESS



How do you feel about slowing your life down?

*Can you stop for a moment and just "be"?
What happens when you stop?*

Answers to Day 28 Sunday 19th April Quiz

1. Camel
2. Sherlock Holmes
3. Thistle and Daffodil

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.

IDENTIFY ALL 32 PARTICPATING
COUNTIRES IN THE 2018 FIFA
WORLD CUP

EXTENSION: Can you name any of the capital
cities?

Country / Capital City

- 1.
- 2.
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