

STAY AT HOME IDEAS



DAILY VIDEO

DAY 29

Monday 20th **April**

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Why NASA won't send humans to Venus



An idea to check out...

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





DAILY QUIZ QUESTIONS

- What did Anne Frank write?
- What is the capital city of Scotland?
- 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

DAILY ACTIVITY



Day 29

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



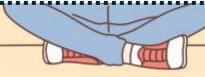
WELLBEING & MINDFULNESS



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

- 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

Country / Capital City

1.

2.

3.

4.

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32.

EXTENSION: Can you name any of the capital cities?



