

# STAY AT HOME IDEAS

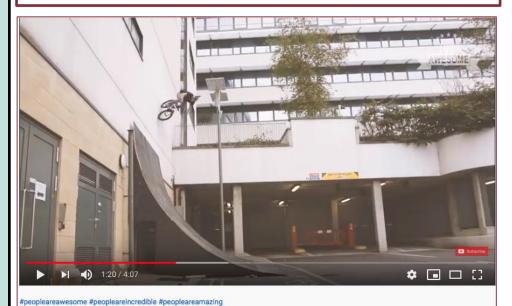


# DAILY VIDEO

**DAY 30** 

Tuesday
21st
April

# Click Here To Play Video



People are Awesome 2018

### An idea to check out...

... If you want to learn how something works try out *HOWSTUFFWORKS.COM* its full of interesting blogs and many spin off podcasts



### DAILY QUIZ QUESTIONS

- TRUE or FALSE the giant squid has the largest eyes in the world
- 2) What is the only English word to end in 'mt'?
- 3) TRUE or FALSE Almonds are a member of the peach family



### Today's Fun Fact

The Amazon rain forest supplies one-fifth of the world's oxygen!

# DAILY QUOTE

"Some people look for a beautiful place. Others make a place beautiful."

Hazrat Inayat Khan

# DAILY ACTIVITY



# **Day 30**

Make breakfast for another family member





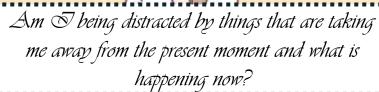




## WELLBEING & MINDFULNESS



What do you feel in your body? Where can you feel it?





Answers to Day 29 Monday 20<sup>th</sup> April

L. Diary

Edinburgh
 Liverpool FC

Quiz 1. Diarv

### 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.



# DESIGN A BLENHEIM AEROPLANE



Use your ideas to create your final plane. Cut it out first so you apply your design to both sides of the plane and wings

