

Wednesday

**22<sup>nd</sup>**

April



DAILY VIDEO

**DAY 31**

[Click Here To Play Video](#)



What If We Used the Full Capacity of Our Brains?

DAILY ACTIVITY



**Day 31**

Find three inspirational quotes and write them down

1

2

3

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

... love super hero's and yoga try **COSMIC KIDS YOGA** channel on YouTube



Cosmic Kids Yoga ✓  
546K subscribers · 453 videos  
Yoga, mindfulness and relaxation for kids. strength, balance and confidence - and get

DAILY QUIZ QUESTIONS

- 1) What is the name of Bruce Wayne's butler in the 'Batman' franchise?
- 2) Name Snow White's seven dwarves
- 3) Is halloumi a bread or a cheese?

**Today's Fun Fact**

*Our sun is over 2.5 million miles around at its equator.*

DAILY QUOTE

**"You get what you give."**

**Jennifer Lopez**



LIFE SKILLS & WELLBEING

WELLBEING & MINDFULNESS



Guess the 10 Disney Films

1. 🦁 👑
2. 🔍 🐟
3. 🧸 📖
4. 🚗 🚗
5. ❄️ 😬
6. ⬆️
7. 😴 👑
8. 🙌 🧚
9. 👑 📖 & 🍎
10. 🌨️ 🌕

Answers to Day 30 Tuesday 21<sup>th</sup> April Quiz

1. TRUE
2. DREAMT
3. TRUE

**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.

