

## STAY AT HOME IDEAS



DAILY VIDEO

**DAY 27** 

Saturday

18th

April

## Click Here To Play Video



# $\stackrel{\tiny @}{(a)}$

#### An idea to check out...

... If you love science check out **GRAVITY POINTS CODE PEN** and exploring the concept

of how gravity works





#### DAILY QUIZ QUESTIONS

- 1) What word is used to describe a group of ants?
- 2) From which flower is vanilla extracted?
- 3) What does a cartographer make?



#### Today's Fun Fact

The Earth is 4.5 billion years old.

## DAILY QUOTE

"You don't always
need a plan.
Sometimes you just
need to breathe, trust,
let go, and see what
happens"

Mandy Hale

# DAILY ACTIVITY



# **Day 27**

Watch a film with a family member and make sure you turn your phones off,





### WELLBEING & MINDFULNESS



How am I not being generous with my time / words / presence?



Can you notice when your mind wanders and bring it back to the practice /present moment?



Answers to Day 26 Friday 17<sup>th</sup> April Quiz

1. Python
2. James

2. James 3. Gemini

#### 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.

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MY BOOK REVIEW  Title:	CRESTIVE CURRICULUM  Fiction Non-fiction	CRESTIVE RESOURCES
Author:	WELLBEING & MINDFULNESS  Reviewers Name::	
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		Non-fiction: What do you learn
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	Who would this book be most suitable	
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	##	Favourite part or favourite
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Think about the plot		
	Create a quick mind map of the <u>main characters</u> and how they link with each other	
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