

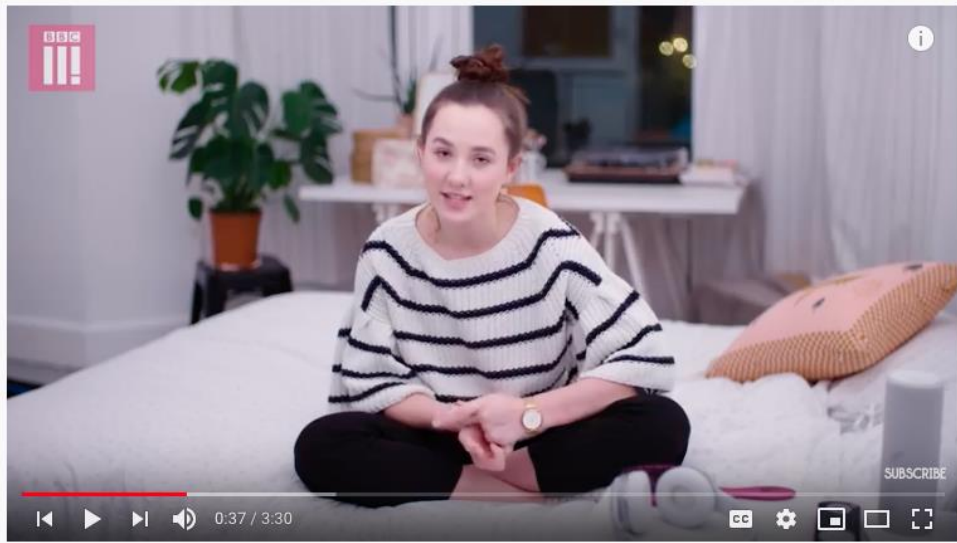


DAILY VIDEO

DAY 49

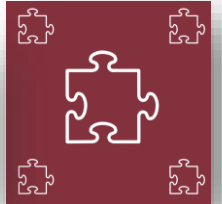
Sunday
10th
MAY

[Click Here To Play Video](#)



The 16 Year Old Tackling Period Poverty: Amazing Humans

DAILY ACTIVITY



Day 49

Do the washing up and drying up today for at least 2 meals



An idea to check out...

... If you have younger children who like animals and games the **SWITCH ZOO** website has some free activities to check out



DAILY QUIZ QUESTIONS

- 1) How is 10 represented in Roman Numerals?
- 2) How is 5 represented in Roman numerals?
- 3) How is 77 represented in Roman numerals?



Today's Fun Fact

Sea otters hold hands when they sleep so they don't drift apart

DAILY QUOTE

"Love what you do and do what you love"

Ray Bradbury



LIFE SKILLS & WELLBEING

WELLBEING & MINDFULNESS



1. Who are your positive role models in life?
2. What can you do to be more confident?



Answers to Day 48 Saturday 9th MAY Quiz

1. Africa
2. Hinduism
3. Five pillars of Islam

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.

