



## DAILY VIDEO

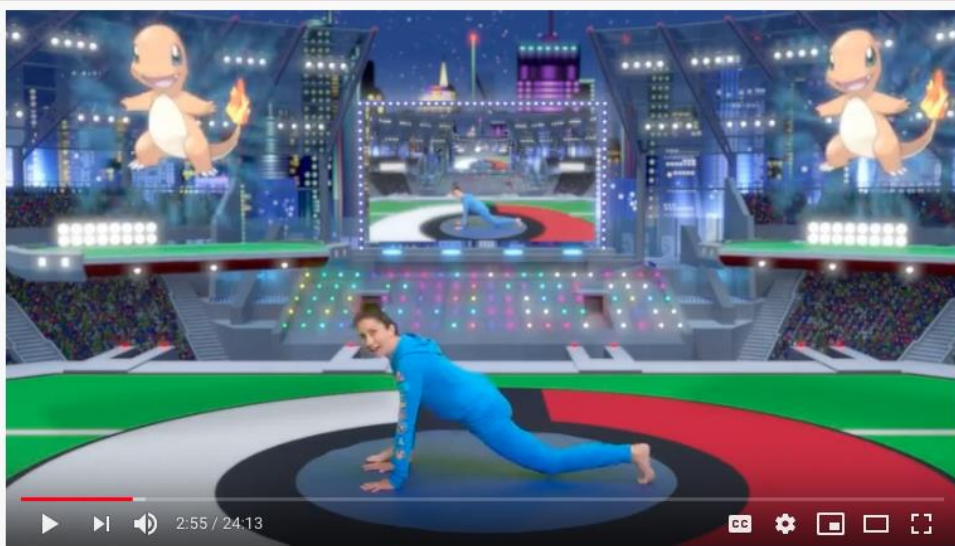
## DAY 59

Wednesday

# 20<sup>th</sup>

MAY

[Click Here To Play Video](#)



#cosmickidsyoga  
Pokemon | A Cosmic Kids Yoga Adventure

## DAILY ACTIVITY



### Day 59

How many different words can you make from these letters:

**“CREATIVE RESOURCES”**

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

... if you are looking for more free educational websites try these three today

1. Outschool
2. Udemy
3. iReady

#### DAILY QUIZ QUESTIONS

NAME THE DISNEY MOVIE

- 1) 🐱 🍌 🍌 Hon Tis
- 2) 🐱 🐱 🐱
- 3) 🐱 🐱 🐱

#### Today's Fun Fact

*Nigeria has the highest rate of twin births in the world.*

## DAILY QUOTE

**“MAKE TODAY SO AWESOME YESTERDAY GETS JEALOUS”**

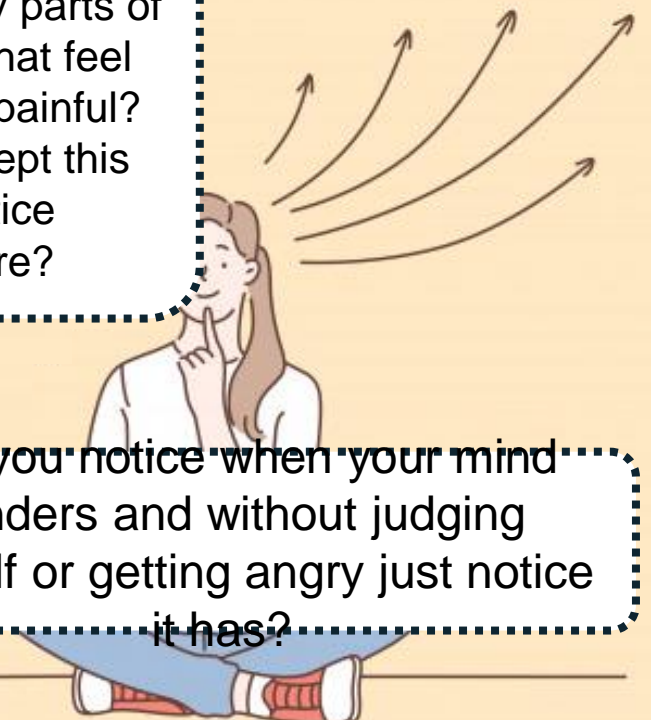
**Reagan Foster**

## WELLBEING & MINDFULNESS



Are there any parts of your body that feel tense/ache/painful?  
\*Can I accept this and notice it is there?

Can you notice when your mind wanders and without judging yourself or getting angry just notice it has?



Answers to Day 58 Tuesday 19<sup>th</sup> MAY Quiz

1. Aristocats
2. Lady and the tramp
3. 101 dalmatians

**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 Ideas

Colour in the tower with a focus on **British Values and Multiculturalism**

Carefully cut around the whole building following the solid black line.

Fold carefully across each of the dotted lines.

Use a small amount of glue on each of the stick tabs.

### DID YOU KNOW ?

This tower of the Houses of Parliament is actually called the Elizabeth Tower. Big Ben is the name of largest bell inside the tower.

