



## DAILY VIDEO

## DAY 6

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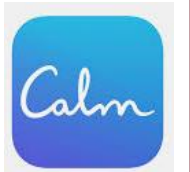


## DAILY ACTIVITY



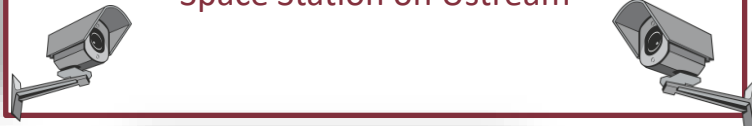
### Day 6

Download a mindfulness App (CALM) on your phone.



### An idea to check out...

... Visit Nasa.Gov and watch the International Space Station on Ustream



### DAILY QUIZ QUESTIONS

- 1) Name the 4 countries that make up the UK
- 2) What does the term Brexit mean?
- 3) What is the meaning of a leap year?

## WELLBEING & MINDFULNESS



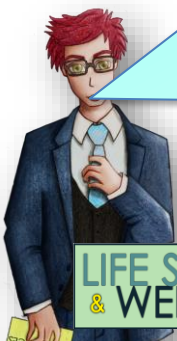
### Today's Fun Fact

*If all the blood vessels in your body were laid end to end, they would reach about 60,000 miles.*

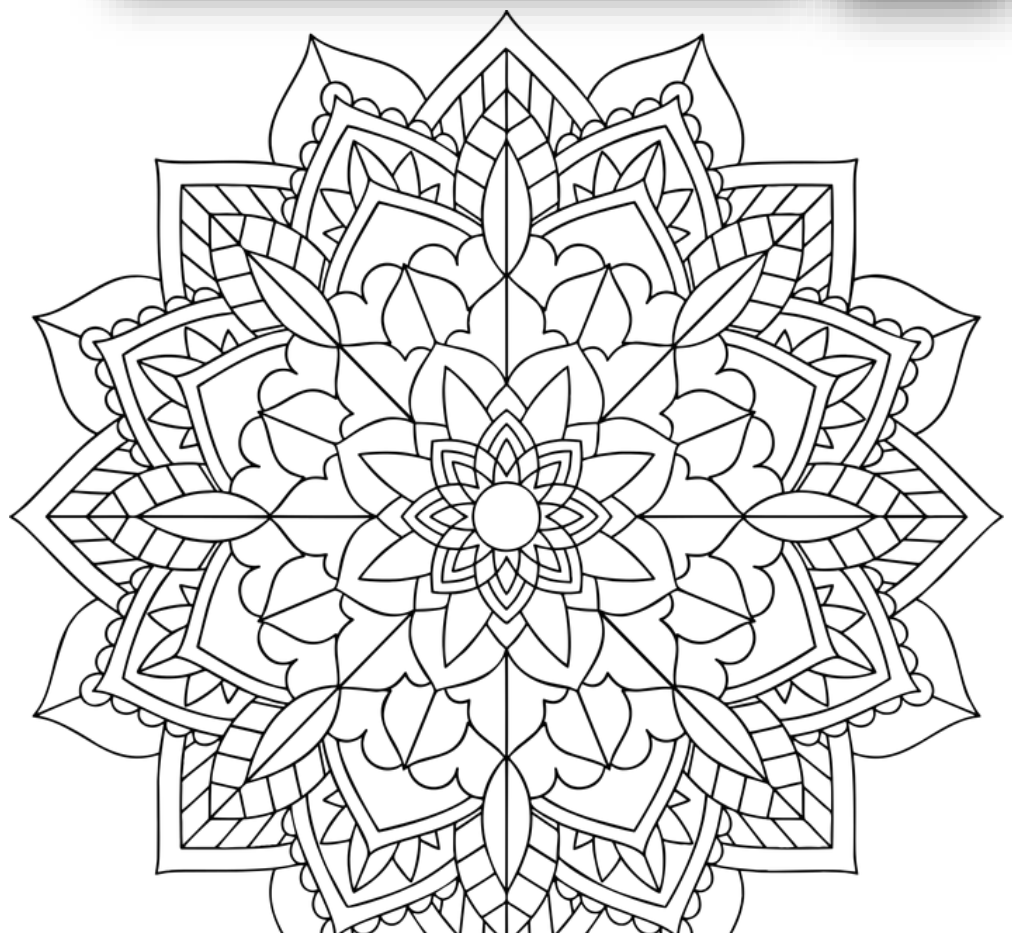
## DAILY QUOTE

**"Yesterday is history, tomorrow is a mystery and today is a gift and that is why we call it the present"**

**Bill Keane**



LIFE SKILLS & WELLBEING



Answers to Day 5 Friday 27<sup>th</sup> March Quiz

1. New York
2. 206 – (allow answers to the nearest 10)
3. Cardiff

