



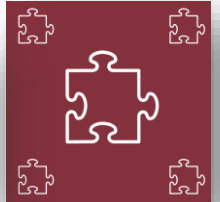
DAILY VIDEO

[Click Here To Play Video](#)



Motivational Film | Award Winning Animated Short Film | Alyce Tzue

DAILY ACTIVITY



Day 1

Leave three happy notes for someone else to find in your house.



An idea to check out...

... If you have younger children who like to read



DAILY QUIZ QUESTIONS

- 1) Who were Henry VIII six wives?
- 2) What is the World's Longest river?
- 3) What colour is the 'Black Box' in an aeroplane?



Today's Fun Fact

In Switzerland it is illegal to own one Guinea pig



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 Yesterday's Quiz

- 1.
- 2.
- 3.

WELLBEING & MINDFULNESS

