



DAILY VIDEO

DAY 3

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#bbc #MiraclesOfNature Can Cuttlefish camouflage in a living room? | Richard Hammond's Miracles of Nature - BBC

DAILY ACTIVITY



Day 3

Call a relative or friend who is far away and have a chat with them.



An idea to check out...

... "P.E with Joe" | Daily LIVE workouts for kids | The Body Coach



The Body Coach TV
972K subscribers



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WELLBEING & MINDFULNESS



DAILY QUIZ QUESTIONS

- 1) What is Johnny Depp afraid of?
- 2) What is the Square root of 169?
- 3) Name the last 3 British Prime Ministers..

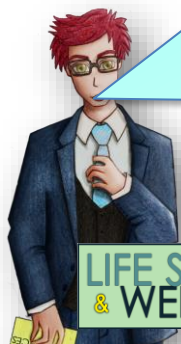


Today's Fun Fact

The fastest bird is the peregrine falcon. It can fly at a speed of 168-217 miles per hour.

DAILY QUOTE

"The most wasted of days is one without laughter."
E. E. Cummings



LIFE SKILLS & WELLBEING



Answers to Day 2 Tuesday 24th March Quiz

1. Laughs 13 times a day
2. Opens a fridge Door
3. Fear of Constipation

