



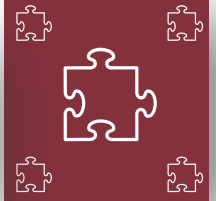
DAILY VIDEO

DAY 76



The Pursuit of Happiness (Short Animated Movie)

DAILY ACTIVITY



Day 76
 Stay off social media for >3 hours straight and keep yourself occupied.



An idea to check out...
 LOTS and LOTS of interactive art games, art challenges, and learning resources:
<https://www.qagoma.qld.gov.au/learn/kids>



DAILY QUIZ QUESTIONS

1. Soldiers of which two nations were known as ANZACs in the first World war?
2. At which British theme park would you find the Nemesis and Oblivion rides?
3. In the Simpsons, what is the surname of the family next door?



Today's Fun Fact
 Due to the heat expansion of the Eiffel tower's iron it grows in the summer by a height of six inches!

DAILY QUOTE



“Have a vision of excellence, a dream of success, and work like hell”

Dr. Samuel DuBois Cook

LIFE SKILLS & WELLBEING

WELLBEING & MINDFULNESS



Simple tip for wellbeing
Keep a diary of your days

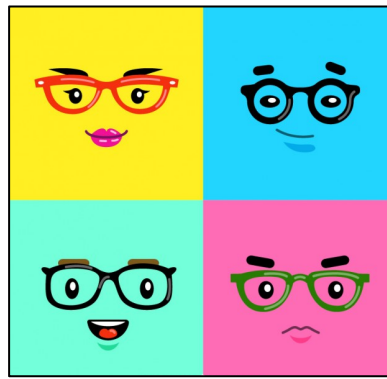
Write down what went well each day, what didn't go well and you feel about it. Then write down what you plan to do differently tomorrow. Reading back on this will help you gain a clearer perspective on how things are going inside.



Answers to the previous days quiz
 1. Eight days a week
 2. 88
 3. Clouds

1 Study hard. 2 Never Give up 3. Always try your best
 4 Mistakes are good 5. Smile and be happy
 6 Listen Carefully

Colour the image in according to how you are feeling



THOUGHTS & FEELINGS

Five horizontal sliders with corresponding emotion icons: sad (red), neutral (orange), happy (yellow), very happy (green), and extremely happy (dark green).

