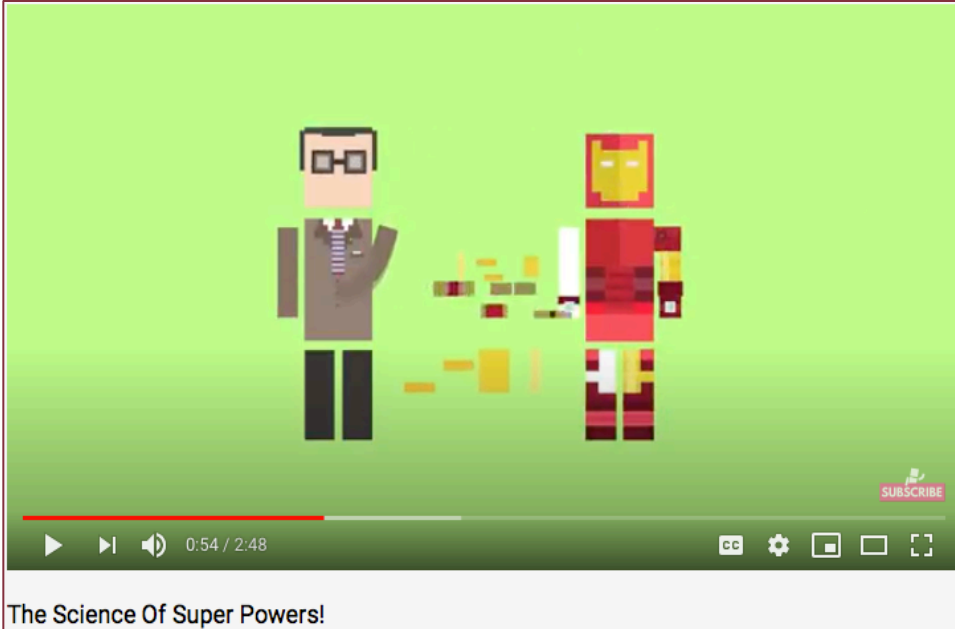


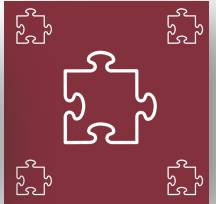


## DAILY VIDEO

### DAY 79



## DAILY ACTIVITY



**Day 79**  
Go to bed 1 hour earlier tonight to wake up 1 hour earlier tomorrow.



**An idea to check out...**  
Play chess online for Free here: <https://www.chess.com/play/computer>

## WELLBEING & MINDFULNESS



**DAILY QUIZ QUESTIONS:**  
1) What is the name of Danger Mouse's sidekick?  
2) What is the name of the snowman in Frozen?



**Today's Fun Fact**  
In England, pigeon poop is property of the Crown. This is because pigeon poop could be used to make gunpowder

## DAILY QUOTE



**"If they don't give you a seat at the table, bring a folding chair."**  
*Shirley Chisholm*

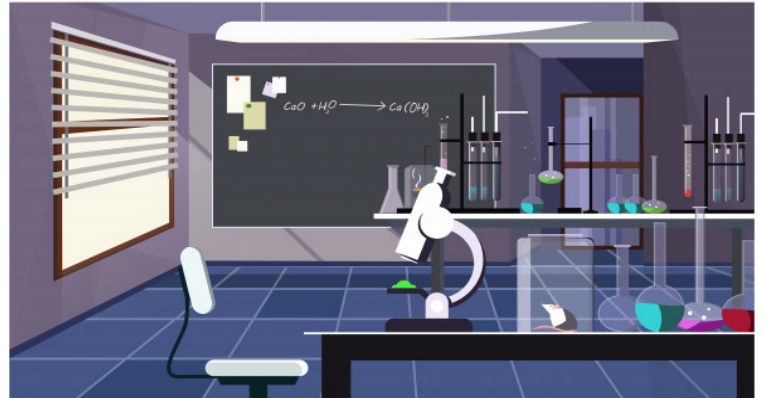
**What is positive wellbeing?**  
It is a state of overall good health in both body and mind and can include:

- **Intellectual** (cognitive stimulation such as problem solving puzzles),
- **Spiritual** (understanding sense of purpose and beyond your own existence, can be through prayer or exploration of a higher power, etc)
- **Social** (building relationships and community support through friends and family and neighbours etc.)
- **Physical** (Movement, whether in sports or walking, movement that brings joy.)

Answers to the previous days quiz  
1. Jess  
2. Bikini Bottom  
3. The Fat Controller

# SECRET LABORATORY

## ESCAPE MAZE



Find the ten hidden school subjects below and then solve the maze to escape

W S C I E N C E X E W N I T E  
 W L X M L Y Y M G Z Q T P M X  
 D B G E O G R A P H Y L V O J  
 Y W D R A M A T P Q E V Y X S  
 C Z K X W U K H U T N S C T Q  
 H O E C I P P S G V G H I C Q  
 G M M A Y X J V N B L I T Z E  
 D N B P O U V S S P I S I B D  
 B P M X U K I C T G S T Z U G  
 M I J W I T U W U M H O E S Y  
 R Q Z P I D I R V O O R N I Q  
 R S S S J O Z N F C J Y S N P  
 J F R E N C H I G R J N H E X  
 V L Q H P R S Z O K H T I S I  
 L G P D A H P P W N S X P S N

WORD SEARCH ANSWERS	
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

7	5	4	8	9	6	1	2	3
6	3	8	7	1	2	5	4	9
1	9	2	3	4	5	8	7	6
2	4	5	1	6	7	9	3	8
9	8	1	2	5	3	4	6	7
3	7	6	4	8	9	2	1	5
5	2	3	9	7	1	6	8	4
8	1	9	6	3	4	7	5	2
4	6	7	5	2	8	3	9	1



Code = = 679758  
 ABCDEF

