

DAILY VIDEO

PLAY



DAY 77

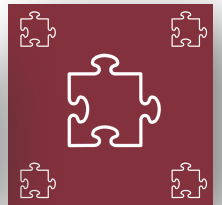
Sunday

7th

JUNE



DAILY ACTIVITY



Day 77

Write down 10 things you love about your life



An idea to check out...

Create your own interactive personalized colouring book with this online tool:

<http://www.haringkids.com/coloringbook/index.html>

DAILY QUIZ QUESTIONS

1. Who preceded Boris Johnson as the British Prime Minister?
2. Which country has the 'Bundestag' as its parliament?
3. Who preceded Donald Trump as American US President?

Today's Fun Fact

Bees can fly at levels up to 29,525 feet above sea level - higher than the planet's tallest Mountain!

DAILY QUOTE

"If you have no confidence in self, you are twice defeated in the race of life"

Marcus Garvey



LIFE SKILLS & WELLBEING

WELLBEING & MINDFULNESS



Simple tip for wellbeing Taking breaks from technology

Eat fresh fruit and vegetables daily. Food helps to build and nourish your body, it provides energy and helps you when you're not feeling well. Aim for at least 5 portions daily. Drink plenty of water. We are over 70% water and dehydration can cause low energy amongst other symptoms.



Answers to the previous days quiz
1. Australia and New Zealand
2. Alton Towers
3. Flanders

