



DAILY VIDEO

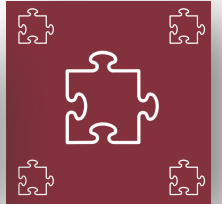
DAY 71

Monday  
1st  
JUNE

PLAY



DAILY ACTIVITY



## Day 71

Draw and create your ideal place to live

### An idea to check out...

Listen to a free audio book with [audible](#)  
 "For as long as schools are closed, we're open. Right now, kids everywhere can instantly stream an incredible collection of stories, including titles across eight different languages, that will help them continue dreaming, learning, and just being kids"



### DAILY QUIZ QUESTIONS

1. Which TV and radio presenter wrote an autobiography called 'Banjaxed'?
2. Which sport was ruled illegal by King Edward IV in 1477?
3. Which European country has Vaduz as its capital city?



### Today's Fun Fact

Broccoli only came about after years and years of selective breeding between wild cabbage plants that started around the 6th century BC



DAILY QUOTE

"I have learned over the years that when one's mind is made up, this diminishes fear."

Rosa Parks



LIFE SKILLS & WELLBEING

WELLBEING & MINDFULNESS



### Simple tip for wellbeing Dep breathing exercises

Breathing in for four seconds, holding for four, releasing for four is one way of helping us deal with the physical effects of stress and helps to calm our nervous system and bring more oxygen into the body.

Answers to the previous days quiz  
 1. Accident & Emergency  
 2. Association of British Travel Agents  
 3. Ministry of Defence

Playground Escape Puzzle"  
 1 Pencil                      2 Book    3 Uniform  
 4 Ruler                        5. Pen.    6 Shoes

