



## DAILY VIDEO

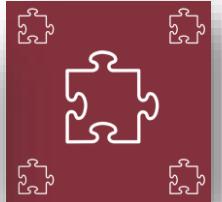
## DAY 22

[Click Here To Play Video](#)



LIFE HACKS WITH ENERGY DRINKS YOU NEVER KNEW EXISTED (Parody Magic Hacks from Rick)

## DAILY ACTIVITY



### Day 22

Sit down in a silent room and focus on your breathing for 5 minutes



### An idea to check out...

... Parents you could try the website **Oatmeal** for comics, books and blogs with humor



The Oatmeal

Comics: Rand

### DAILY QUIZ QUESTIONS

- 1) The Great Barrier Reef is located in which country?
- 2) What is the highest mountain in Great Britain?
- 3) What are the four oceans called?

### Today's Fun Fact

Starfish can re-grow their arms. In fact, a single arm can regenerate a whole body.

### DAILY QUOTE

**“Change the world by being yourself”**

Amy Poehler

## WELLBEING & MINDFULNESS



*What do you feel in your body? Where can you feel it?*

*What emotions am I feeling right now, right in this moment?*

### Answers to Day 21 Sunday 12th April Quiz

1. Beyoncé
2. Spice Girls
3. Sponge Bob Square Pants

### Mindfulness tips:

Take five minutes out of your day to sit down in a comfortable position and think about the two questions above. Concentrate on your breathing and try to let all other stresses float away for these five minutes. Close your eyes if this helps.



# PROGRESS PASSPORT 2020-2021

SCHOOL:

## TARGET SETTING 2020 -2021

<b>Target 1</b> Target I would like to set myself linked to my school life	E.G I will try to focus more in my Music lesson
<b>Target 2</b> Target I would like to set myself linked to my home life	E.G I will try to do more chores around the house or keep my bedroom tidy
<b>Target 3</b> Target I would like to set myself linked to my personal wellbeing	E.G I will take time to enjoy watching either the sunrise or sun set once a week

Who can help you to achieve these targets?



How are you feeling?

What are you most excited about this year? 	1
	2
	3
Best friends name(s)	
What are you most nervous about? 	1
	2
	3

Attach or draw a photo of yourself

SURNAME:  
FORENAME:  
PREFERRED NAME:  
DATE OF BIRTH:  
NATIONALITY:  
AGE:  
FAVOURITE SPORT  
FAVOURITE FOOD:

Attach or draw school logo

## ACADEMIC PROFILE

Favourite Subjects	1
	2
	3
Strongest subject	
Subjects you would like to improve 	1
	2
	3