

## Take a break, have a chill

Why not take some time each day to focus on you; your mind; your thoughts and have a little time to relax?



*Nothing is impossible. The word itself says "I'm possible!"*

**Audrey Hepburn**

*You must do the things you think you cannot do.*

**Eleanor Roosevelt**

*You get what you give.*

**Jennifer Lopez**

*It isn't where you came from. It's where you're going that counts.*

**Ella Fitzgerald**

*Inspiration comes from within yourself. One has to be positive. When you're positive, good things happen.*

**Deep Roy**

*Some people look for a beautiful place. Others make a place beautiful.*

**Hazrat Inayat Khan**



Try these questions either on your own, or why don't you set up a household quiz and hold a tournament?! No cheating!!

Answers from last week:

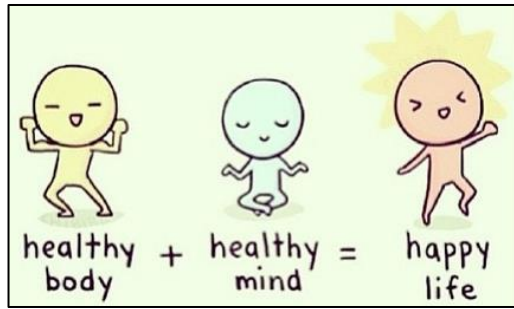
1. What is the longest snake in the world? **Python**
2. What is Harry Potter's middle name? **James**
3. Which sign of the zodiac is represented by The Twins? **Gemini**
4. What word is used to describe a group of ants? **Colony**
5. From what flower is vanilla extracted? **Orchid**
6. What does a cartographer make? **Maps**
7. Which animal is known as the 'Ship of the Desert'? **Camel**
8. Which fictional detective had a friend called Doctor Watson? **Sherlock Holmes**
9. Which flowers are the emblems of Scotland and Wales? **Thistle and Daffodil**
10. What did Anne Frank write? **Diary**
11. What is the capital city of Scotland? **Edinburgh**
12. Which Premiership Football team was leading before the Coronavirus stopped the season? **Liverpool FC**
13. True or false: The giant squid has the largest eyes in the world? **True**
14. What is the only English word to end in 'mt'? **Dreamt**
15. True or false: Almonds are a member of the peach family? **True**



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1. What is the name of Bruce Wayne's butler in the 'Batman' franchise?
2. Name Snow White's seven Dwarfs.
3. Is halloumi a bread or cheese?
4. What do Val Kilmer, George Clooney and Christian Bale all have in common?
5. Normally, in the UK, what is the colour on containers of semi-skimmed milk?
6. Which volcano destroyed the ancient city of Pompeii?
7. Which country within the UK voted against independence in a 2014 referendum?
8. What city was awarded the 2020 Olympic Games?
9. Chris Martin is the lead vocalist for which band?
10. Which sports tournament took place in Rio de Janeiro, Brazil in 2016?
11. Vexillum is the study of what: flags or books?
12. What did Popeye eat for strength before spinach?
13. Which British monarch lived to the oldest age: Queen Victoria or King George V?
14. What does the word Baguette mean in English?
15. When wiring in a plug in Britain, what colour is the live wire?

**Answers will be revealed next week!**

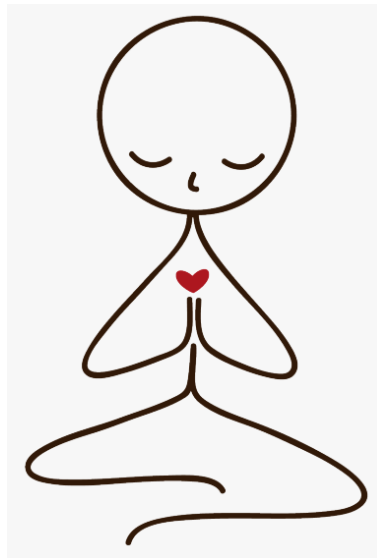


Take 10 minutes out of your day to sit down in a comfortable position and think about the questions below. Concentrate on your breathing and try to let all other stresses float away for these 10 minutes. Close your eyes if it helps and listen to some relaxing music.

Think of an example of when you have been kind this week.

What have you learnt this week that has made you grow as a person?

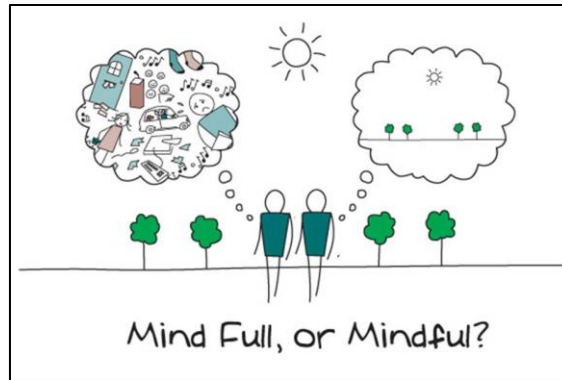
How have you been positive this week?



What do you want to achieve today? This week? In your life?

How will you show gratitude this week?

What is your dream and how will you reach it?



**Why not watch some videos to clear your mind? There are some lovely ones on the links below:**

Lemons to Lemonade: <https://www.youtube.com/watch?v=JLYOUGo0ml4>

Shine a Light by McFly, Niall Horan, James Arthur and Olly Murs:  
[https://www.youtube.com/watch?v=wZ9bY\\_KRv0g](https://www.youtube.com/watch?v=wZ9bY_KRv0g)

Make Egg Fried Rice with Jamie Oliver (**be careful using sharp and hot kitchen items!**): <https://www.youtube.com/watch?v=dZJD2j1Rc-U>

Yoga with Adriene: <https://www.youtube.com/user/yogawithadriene>

Penguins on tour: <https://www.youtube.com/watch?v=z02WEWBpfXU>

**Meditation** is said to clear the mind and bring a sense of calm into your life. Why not try a 10 minute meditation each day. A new video will be sent each week. This week's theme is: **Santosh**:

<https://www.youtube.com/watch?v=5vI8Kh3-epg>

**Why not try a daily activity? Some ideas are below:**

1. Find three inspirational quotes and write them down.
2. Create a digital photo collage using 5 photos.
3. Write a letter or send a card to an elderly relative.
4. Leave three happy notes around your house for someone to find.
5. Make a list of 10 things you want to do.

And when in doubt, why not colour? A new colour sheet will be added each week – or why not do your own? Everyone is an artist of their life.

