

## 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?



*Success is not final, failure is not fatal:  
it is the courage to continue that  
counts.*

**Winston Churchill**

*If I cannot do great things I can do  
small things in a great way.*

**Martin Luther King Jr.**

*Act as if what you do makes a  
difference. It does.*

**William James**

*If you have good thoughts they will  
shine out of your face like sunbeams  
and you will always look lovely.*

**Roald Dahl.**

*Challenges are what make life interesting and  
overcoming them is what makes life meaningful.*

**Joshua J Marine**

*Get excited about the little things. About wearing a new outfit for the first time.  
About Sunday brunches with your best friends. About finding a fiver in your pocket.  
About anything that even remotely makes you happy...don't let the grey world  
stop you from shining.*

**Anonymous**



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:

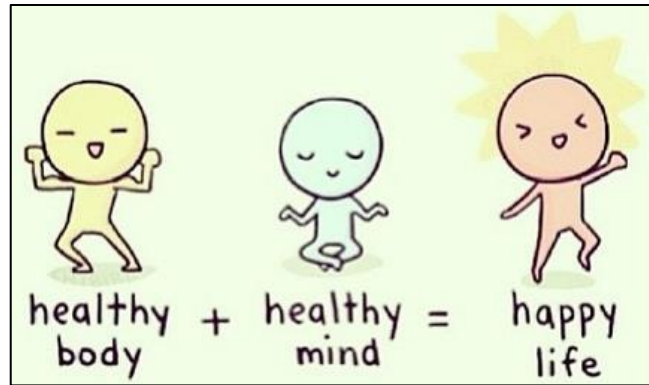
1. Who were Henry VIII six wives? **Catherine of Aragon, Anne of Cleves, Anne Boleyn, Catherine Howard, Jane Seymour and Catherine Parr**
2. What is the world's longest river? **The Amazon**
3. What colour is the 'black box' in an aeroplane? **Orange**
4. The average person does what 13 times a day? **Laugh**
5. The average American does what 22 times a day? **Opens a fridge door**
6. Coprastastaphobia is the fear of what? **Fear of constipation**
7. What is Johnny Depp afraid of? **Clowns**
8. What is the square root of 169? **13**
9. Name the last 3 British Prime Ministers. **Boris Johnson, Theresa May, David Cameron**
10. What is the biggest island in the world? **Greenland**
11. Who is the wife of Barack Obama? **Michelle Obama**
12. What political party is Boris Johnson leader of? **Conservatives/Tories**
13. Which American State is known as the 'Empire State'? **New York**
14. How many bones are there in the human body? **206 (allow answers to the nearest 10)**
15. What is the capital city of Wales? **Cardiff**



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

1. Name the 4 countries that make up the UK.
2. What does the term 'Brexit' mean?
3. What is the meaning of a leap year?
4. How many degrees are there in a circle?
5. How many sides does an octagon have?
6. What capital city is known as the city of love?
7. Which Geoffrey Chaucer novel contains the first link between 1<sup>st</sup> April and foolishness?
8. With which animal do the French best associate April Fool's Day?
9. An infamous BBC prank suggested what food stuff now grew on trees?
10. Who signs all new bills in the UK before they become a law?
11. What is the tallest mammal in the world?
12. Which city do the Simpsons live in?
13. What is the capital city of Italy?
14. Who invented the light bulb?
15. How many meters are there in a kilometre?

**Answers will be revealed next week!**



**Why not keep yourself active in the house and get yourself moving? There are some links of great and fun activities to do via Youtube!**

### 1. **Work out with Chloe Hinnigan**

Why not join Chloe Hinnigan for a 30 minute work out every Monday, Wednesday and Friday at 6pm. Chloe is Miss Hinnigan's sister and is doing workouts at home to keep people active. Did you know that even your teachers are getting involved? You can find Chloe's work outs on social media

Instagram: @chloehinniganx

Facebook: @chloehinnigan

Youtube: <https://www.youtube.com/channel/UCQi1FY6oMlpXYSChCovifQ>



### 2. **The 2.6 Challenge**

The 2.6 Challenge was set up to support charities at the moment and raise money. But why not just complete the challenge for yourself? You can walk 2.6 miles, dance for 26 minutes, work out for 26 minutes...get the idea of the numbers? There are some ideas on Newsround below:



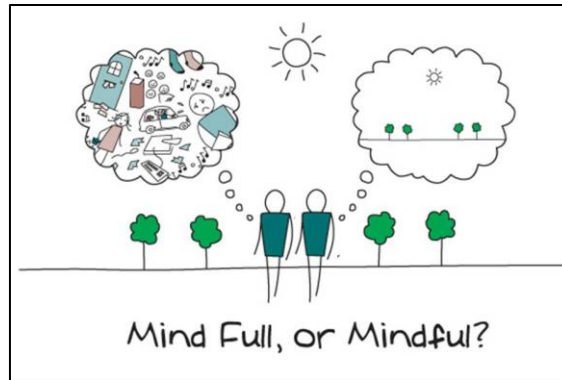
<https://www.bbc.co.uk/newsround/52419127>

### 3. **Yoga**

Yoga is said to not only help your body physically, but mentally too. It reduces your cortisol levels which leads to stress by helping you concentrate on your mind and your breathing. Why not try "Yoga for teens" on Youtube to help keep those stress levels down.

<https://www.youtube.com/watch?v=7kgZnJqzNaU>





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

Motivational film by Disney: <https://www.youtube.com/watch?v=QQCjml4MW-E>

Obama sings 'Call Me Maybe': <https://www.youtube.com/watch?v=hX1YVzdnEc>

Cute animals: <https://www.youtube.com/watch?v=BVEuGSoDMOA>

Grandson and Grandma Tik Tok: <https://www.youtube.com/watch?v=XbgO-bOxOol>

Emile Sandé 'Shine': <https://www.youtube.com/watch?v=Qmdwu9whwT0>

**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: **Letting Go:**

[https://www.youtube.com/watch?v=syx3a1\\_LeFo](https://www.youtube.com/watch?v=syx3a1_LeFo)

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

1. Download the mindfulness app called CALM on your phone.
2. Look at the last 20 photos on your phone and think about how they make you feel.
3. Visit Nasa.gov and watch the International Space Station on Ustream.
4. Draw and colour a rainbow for our NHS.
5. Write down three positive things that have come out of your time at home.



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.

