

MONDAY 18 MAY	TUESDAY 19 MAY	WEDNESDAY 20 MAY	THURSDAY 21 MAY	FRIDAY 22 MAY
 <b>BE CURIOUS</b>	 <b>BE MINDFUL</b>	 <b>BE INSPIRED</b>	 <b>BE KIND</b>	 <b>BE REFLECTIVE</b>
<p>Every day, Cincinnati Zoo in America are recording a Home Safari as they are currently closed Find their past videos here and learn about some of the amazing animals they care for.</p> <p><a href="#">VISIT THE ZOO HERE</a></p> <p>Watch some videos and find out new facts about your favourite animals, from tigers, to rhinos, elephants and giraffes. What is your favourite animal and why? What new facts have you found out today?</p> 	 <p>Before going for a run or taking part in exercise such as PE with Joe, an online dance class, or simply running on the spot for one minute, close your eyes and place your hand on your chest to feel your heartbeat. Notice the steady rise and fall and listen to the sound of your breathing. This is your resting rate. After exercise, close your eyes and place your hand on your chest again to feel the difference in your heartbeat. Notice the rhythm of the beats, faster and stronger. Feel the faster rise and fall and listen to the sound of your breathing as your lungs work harder to take in more oxygen. Concentrate on these rhythms until they return back to resting rate. Take a few deep breaths in through your nose and out through your mouth to completely relax you.</p>	 <p><b>READ THIS EXTRACT</b></p> <p><u>Use these guiding questions to talk about this extract with someone at home or a friend:</u></p> <ol style="list-style-type: none"> <li>1. What is the first thing you think of when you wake up? Is this a good habit or something you need to change?</li> <li>2. Do you exercise everyday by walking the dog or dancing? What small exercise could you add to your day if not?</li> <li>3. Have you read any books during your free time? If so what books? If not, does the person you are talking to have any recommendations?</li> <li>4. When this time has passed, what will you remember most?</li> <li>5. Experts say keeping a diary or log of what you have been doing is good as this has never happened in history before. Are you keeping account of what has been happening? How could you incorporate this into your daily routines?</li> </ol>	 <p>You are invited to make new friends through some good old fashioned letter writing! Parents or legal guardians may sign their child up to take part in the <i>Peaceful Pen Pal</i> project. You will be matched with one other child of a similar age in the USA. With parent/carers permission, all young people ages 2-17, are encouraged to join in the fun! Click this <a href="#">LINK</a> to sign up</p> 	<p>Use this link to tell your teacher about the challenges you completed this week</p> <p><a href="#">FORM</a></p> 