



# Bloom's Stay At Home Ideas - Day One

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Leave three happy notes for someone else to find in your house.

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Did you know you can listen to a different David Walliams book for free each day? Go to: [Elevenes with The World of David Walliams](#)

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Here's a lovely motivational animation to watch:  
[Motivational Film | Award Winning Animated Short Film | Alyce Tzue](#)

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**Fun fact: kangaroos cannot walk backwards!**

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**Daily quiz questions:**

1. Who were Henry VIII's six wives?
  2. What is the world's longest river?
  3. What colour is the 'Black Box' in an aeroplane?
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*"Yesterday is history, tomorrow is a mystery and today is a gift - and that is why we call it the present."*

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## WHAT IS MINDFUL COLOURING?

Mindful Colouring asks us to focus on how we choose and apply colour in a design to bring our awareness to the present moment. This process is similar to meditation, we let go of any thoughts about tomorrow or yesterday, or what we are going to do when we finish.

*"In this current moment, I am colouring in."*

