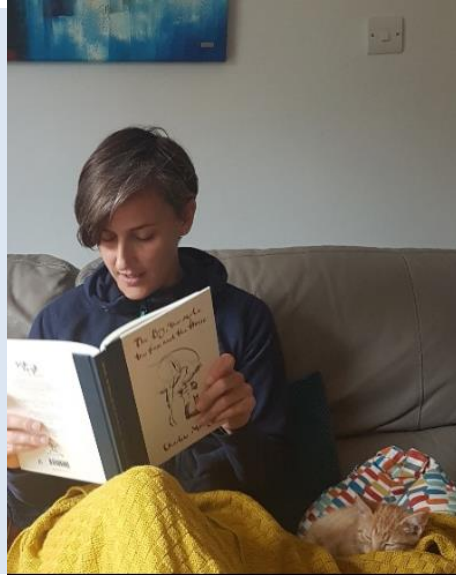


## Day 6 – REST DAY



Miss Pringle's top tip: Reading is a great way to relax, boost knowledge, exercise your brain, increase concentration and expand vocabulary. You might like to read when you first wake up and before going to bed.



**11.5.20**

- Its hard work being a home athlete use this day to find a relaxing activity to try. Reading is a great way to relax how many minutes did you spend reading today? Did you get gold ?

**MINDFULNESS**

MEDAL	SCORE
Gold	60 Minutes
Silver	40 minutes
Bronze	30 minutes