

Day 5

Relax!

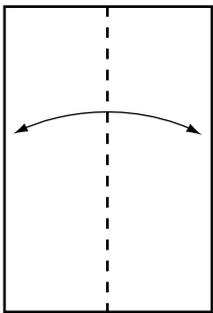
Virtual

Spring Break Escapes

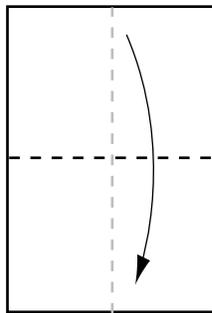


Try out Origami!

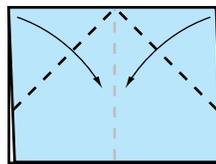
Start with a flat piece of paper and end with a sculpture! Origami is the art of paper folding. This calming technique utilizes a small number of basic folds, which can be combined in endless ways to make intricate designs. While professionals and enthusiasts use special paper for their origami, a simple square of notebook paper will work just fine. Follow the instructions below and make your own sculpture!



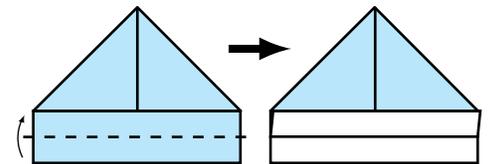
1. Start with a rectangular piece of paper, white side up. Fold the paper in half and open.



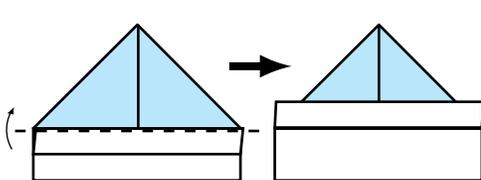
2. Now fold the top down to the bottom edge. Crease well.



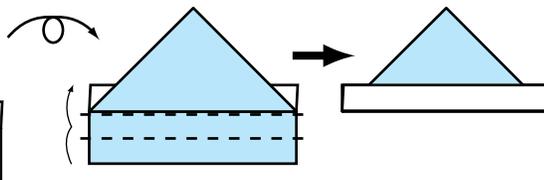
3. Fold the top corners down to the centre line.



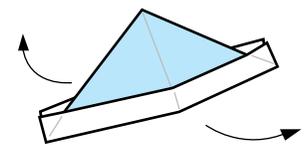
4. Fold the bottom edge (uppermost layer only) up to the base of the triangles.



5. Fold this part up once again, and crease well.



6. Turn model over, and repeat step 4 & 5 on the other side.



7. Open out the hat to shape it.
Your hat is now finished!



Puppy Play Room Live Stream

Humans and Man's Best Friend have been chilling together for millennia. Even if you don't have your own dog to relax with, you can still get those positive puppy benefits by watching this Live Stream of puppies playing! Click the link below to open the live stream.

<https://explore.org/livecams/warrior-canine-connection/service-puppy-cam>

Home Made Face Mask

A fresh face mask can do wonders to rejuvenate not only your skin, but your soul. Take a moment to slow down, craft one of these simple face masks, and unwind. Simply mix in a bowl, spread on your face, rinse off.

This banana face mask is surprisingly easy to make, and is a great one to try out. Honey is known to be a powerful antimicrobial agent, and discourages the growth of bacteria on the skin, thereby reducing the intensity of many skin problems.

You will need:

- 1 ripe banana
- Juice of an orange/lemon
- 1 tbsp honey



This easy honey and oats mask is safe for all skin types and perfect for moisturizing your dry skin or smoothing rough skin. Plus, it's so simple to make.

You will need:

- 1 tablespoon honey
- 1 tablespoon oats

Mix equal parts honey and oats together until they form a thick paste. Then apply evenly to your face while gently scrubbing in a circular motion. Next, go to sleep! In the morning, rinse away the mask with warm water to reveal smoother, moisturized skin.

Daily Challenge - Feng Shui Your Way!

What makes you relax? Fairy lights, toys, or maybe candles and a nice cup of tea? With the help of your parents, create the most calming scene you can with all the things that help you relax. Snap a picture for the thread and settle in for a tranquil evening at home.