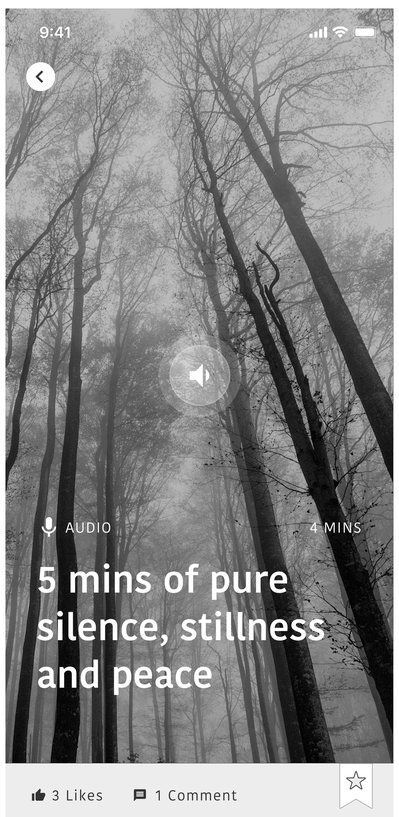


3 Likes 1 Comment

The cheeky task this week is to find 5 minutes and lock yourself away somewhere completely quiet. Ensure that you cannot be disturbed, sit comfortably with your back straight and breathe deeply in and out through your nose. Set an alarm for 5 minutes and close your eyes. Now with no one to compare or compete with and nothing to do and nowhere to go, simply enjoy this time exactly as you want it, total peace and stillness.

Let us know how you get on.

LISTEN TO THE AUDIO

Leave a comment...

Marvin Burns
21 March, 18:00

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Praesent in rutrum libero. Pellentesque habitant morbi tristique!

Reply Like Favourite

01.C01A

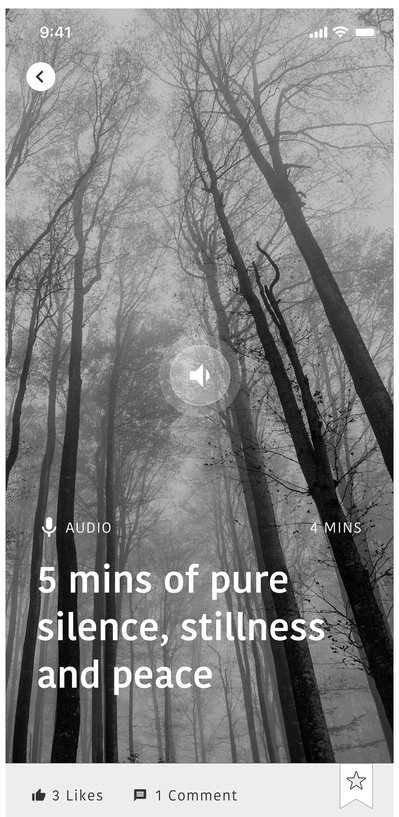
Audio Task/Activity

The user can tap on the button in the middle of the screen to initiate playback or the button below the body text.

This will launch the audio player in a popup layer.

The back button take to the week's list of activities screen.

(comments and social are described seperately)



3 Likes 1 Comment

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Let us know how you get on.

REPLAY THE AUDIO

SEND YOUR FEEDBACK

01.H02

Leave a comment...

Marvin Burns
21 March, 18:00

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Praesent in rutrum libero. Pellentesque habitant morbi tristique!

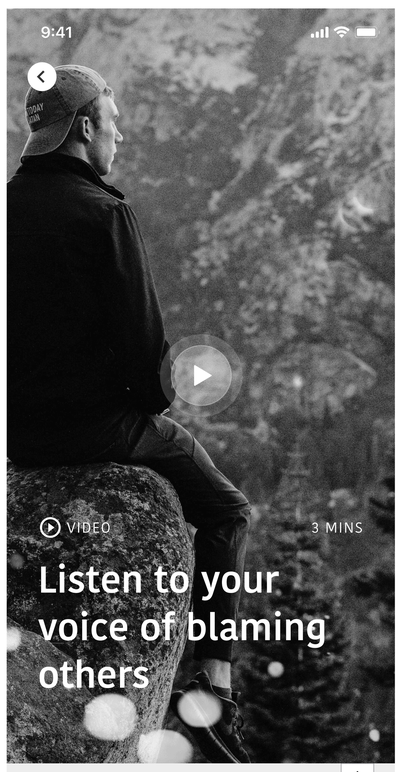
Reply Like Favourite

01.C01B

Audio Task/Activity (already played)

Once the user has played the audio message, the main button changes to "Send your feedback", which will take to the Chat area.

A "Replay" button is added to allow the user play the audio again.



3 Likes 1 Comment

Listen out for examples of how we blame others and the world around us for how we feel in our words and what we say. Listen out for examples in other people's language too. Listen out for how we or others stereotype people and situations as part of the blame.

As with the main task, any examples that stand out or any patterns that seem to form then please let us know. You can send your thoughts to me in the chat section of the app which is completely confidential.

Go well.

REPLAY THE VIDEO

SEND YOUR FEEDBACK

01.H02

Leave a comment...

Marvin Burns
21 March, 18:00

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Praesent in rutrum libero. Pellentesque habitant morbi tristique!

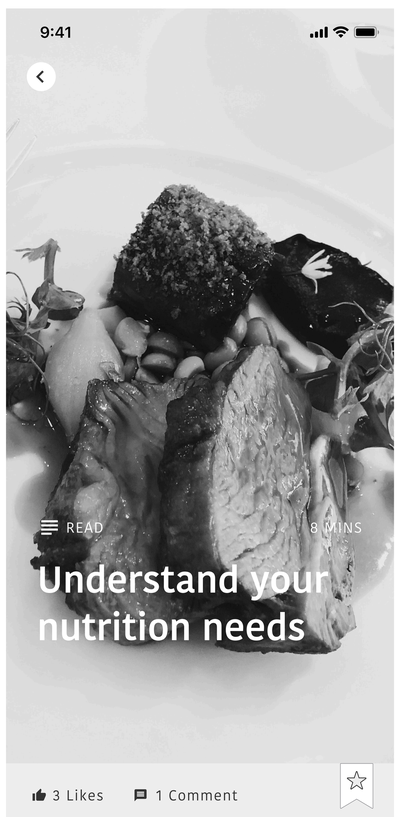
Reply Like Favourite

01.C02B

Video Task/Activity

Once the user has played the video clip, the main button changes to "Send your feedback", which will take to the Chat area.

A "Replay" button is added to allow the user play the video again.



3 Likes 1 Comment

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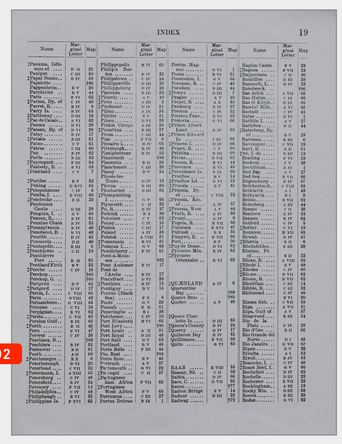

Download Favourite

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SEND YOUR FEEDBACK

Leave a comment...

Marvin Burns
21 March, 18:00

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Praesent in rutrum libero. Pellentesque habitant morbi tristique!

Reply Like Favourite

01.C03

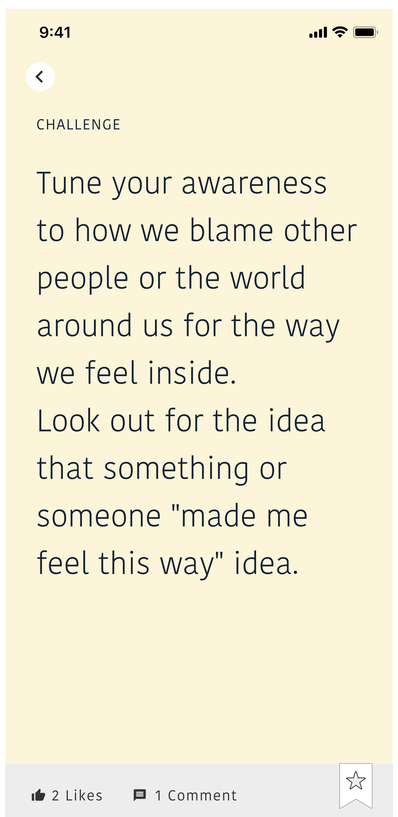
Text Task/Activity

A text activity is characterised by a cover art work, title, summary and a main text with headings.

The back button take to the week's list of activities screen.

It can contain files like spreadsheets or images that can be downloaded or favourited.

(comments and social are described seperately)



2 Likes 1 Comment

Please note down during the week, keep a record and send to us any examples on the last day of the week.

SEND YOUR FEEDBACK

Leave a comment...

Marvin Burns
21 March, 18:00

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Praesent in rutrum libero. Pellentesque habitant morbi tristique!

Reply Like Favourite

01.C04

Challenge Task/Activity

A challenge activity contains the key challenge description with a corresponding Friday message (possibly video) once this is released.

"Send your feedback" button becomes applicable on Friday.

The back button take to the week's list of activities screen.

(comments and social are described seperately)