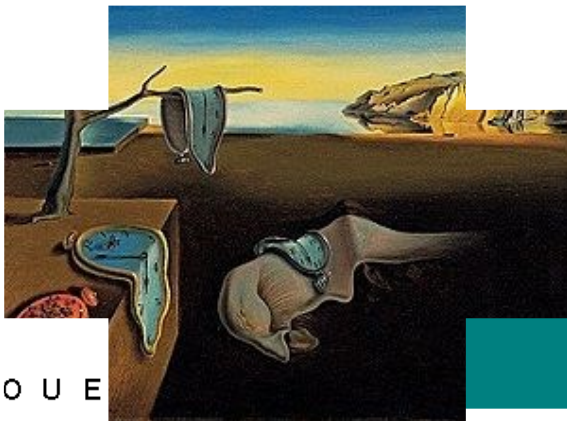


'food for thought'

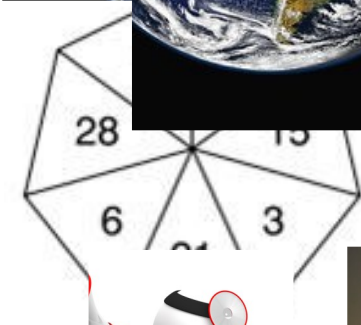
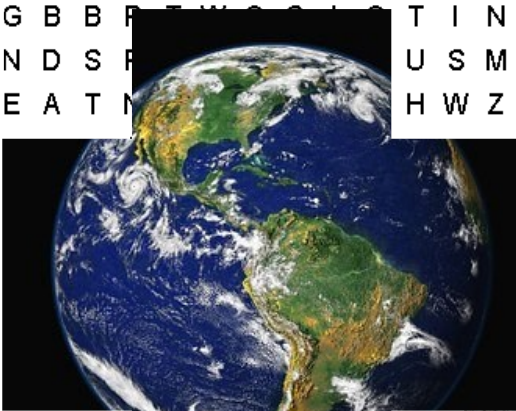
Issue 1

Your Distraction Pack



24		24	7	
19		17		
16	2	13	23	1
8		24		1
7		2	15	4
24		2		

O U E
N C R H S L X F M P L R S
I R L L E A Y P R L H U K
U A O P A H Q F U A P I D
G B B F T W Q S A T I N
N D S F U S M
E A T N H W Z



Welcome to the **April** issue of 'food for thought', your distraction pack.

Dictionary definition of

disträ'ction n.

"Something that prevents someone from giving their attention to something else"

"An activity that you do for pleasure"

COVID-19 has affected us all in very different ways, but the common adjustment we have all had to make is that of self-isolation and how we each deal with that varies enormously. Some are finding it easy to distance themselves from others, whilst others are finding isolation difficult.

We are all responsible for making sure not only we, but others, are kept safe from infection and the only way to do that is to stay where you live and avoid close contact with others.

These Distraction Packs offer a variety of quizzes, activities and reading material to help distract you during the long periods of time spent alone. We hope you enjoy them.

The answers are given at the back, so if you don't want to know what they are, don't look beyond page 24!



Having supported older prisoners and ex-offenders for over ten years, RECOOP (part of the BCHA Family) recognises the importance of keeping active, both physically and mentally. Our Distraction Packs, 'food for thought' were created with that in mind. www.recoop.org.uk



BCHA is a not for profit, registered Housing Association, that has supported those experiencing homelessness for over 50 years. BCHA help the most vulnerable within our society 'find a way forward'. www.bcha.org.uk

SELF-ISOLATING TOP TIPS:



- Try and change your daily routine as much as is possible.



- Talk to neighbours - from a distance of at least 2 metres - as engaging with others is important for mental wellbeing.



- Open a window to let in fresh air, particularly if you cannot venture out for your daily exercise.



- Try doing some exercises in your room.



- Drink plenty of water - it's important to keep hydrated. It is recommended we drink 2 litres a day.



**DAILY POST
ENGLISH**

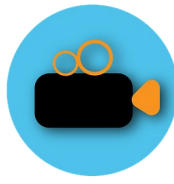
**ONE SMALL
POSITIVE
THOUGHT IN
THE MORNING
CAN CHANGE
YOUR WHOLE DAY.**



recoop Your stories from across the country



We would like to receive stories of your experiences in the accommodation during COVID-19 and will be selecting a number of them to go into future Distraction Packs. We will also be collecting and compiling them and thinking about how best to share these in the future. You can either add your name or submit anonymously. Using the template below, we invite you to share your story, poem, picture or photo. If you are able, photograph it and email to outbox or, alternatively, give it to a staff member to send/scan and email to us. The email box is england.covid-homeless@nhs.net Thank you.



Quiz 1 - 2019 General Knowledge



1. Which album became the UK number one in October 2019, fifty years after its original release?
2. Which three major sporting events took place on "Super Sunday", July 14th 2019?
3. Which movie released in April 2019 became the highest grossing movie of all time?
4. What was the name of the dog that Boris Johnson took into 10 Downing Street in 2019?
5. Who in June 2019 became the oldest winner of Britain's Got Talent?
6. The travel company Thomas Cook unfortunately went bust in 2019 after over 175 years of organising holidays. Where was their first excursion to in 1841?
7. The Duke and Duchess of Sussex gave birth to their first son Archie in May 2019, where is he in line to the British throne?
8. Which computer scientist did BBC viewers vote as "The Most Iconic Figure of the 20th Century" in July 2019?
9. Which politician was caught on camera in April 2019 illegally drinking a can of mojito on a London transport train?
10. Who described herself in British Vogue magazine as being "not single but self-partnered"?
11. Despite being nominated and subsequently winning the Best Pop Vocal Album award, which female singer declined an invitation to perform at the 2019 Grammy awards due to alleged bullying?
12. What was the name of South Africa's Rugby Union World Cup 2019 winning captain?

Activity - 1990s Movies Word Search

L	P	M	U	G	T	S	E	R	R	O	F	E	F
B	G	B	I	L	L	Y	M	A	D	I	S	O	N
T	E	B	M	Y	S	T	E	R	Y	M	E	N	A
R	T	R	A	T	W	I	S	T	E	R	M	K	S
A	H	G	H	O	S	T	C	I	N	A	T	I	T
E	E	U	N	F	O	R	G	I	V	E	N	E	N
H	W	L	B	J	U	M	A	N	J	I	I	J	G
E	A	I	I	M	E	N	I	N	B	L	A	C	K
V	T	G	B	Z	T	R	A	K	M	L	A	R	P
A	E	R	F	E	A	Y	C	A	A	S	C	N	O
R	R	O	C	T	O	B	E	R	S	K	Y	H	E
B	B	H	N	H	O	M	E	A	L	O	N	E	A
M	O	N	K	A	E	R	B	T	N	I	O	P	A
C	Y	E	M	E	E	W	W	B	H	H	S	E	O

ELIZABETH
 BRAVEHEART
 BILLY MADISON
 GHOST
 UNFORGIVEN
 THE WATERBOY
 TWISTER
 MEN IN BLACK
 FORREST GUMP
 HOME ALONE
 POINT BREAK
 OCTOBER SKY
 TITANIC
 MYSTERY MEN
 JUMANJI

Astounding facts about Apple Inc.

- Apple is the world's largest IT company by revenue and total assets, and the world's second-largest mobile phone manufacturer.
- Apple's brand is worth US\$118.9 billion. It is the world's most valuable brand.
- Apple earns US\$300,000 per minute.
- Apple has over 115,000 employees around the world.
- Apple headquarters' employees earn an average of US\$125,000 a year.
- Apple sold 340,000 iPhones per day in 2012.
- Apple iPad's retina display is actually manufactured by Samsung.
- The first Apple Computer logo, drawn by Ronald Wayne, depicts Isaac Newton under an apple tree. Created by Rob Janoff in 1977, the Apple logo with the rainbow scheme was used from April of that year until August 26, 1999. Steve Jobs has asserted the apple logo was inspired by the story of his childhood.
- Apple's co-founder sold all his shares for \$800. Today, they would have been worth US\$35 billion.
- Everything you say to Siri is sent to Apple, analysed and stored.



Apple Park is the corporate headquarters of Apple Inc., in Cupertino, California, United States



Current Apple logo

Quiz 2 - Cockney Rhyming Slang

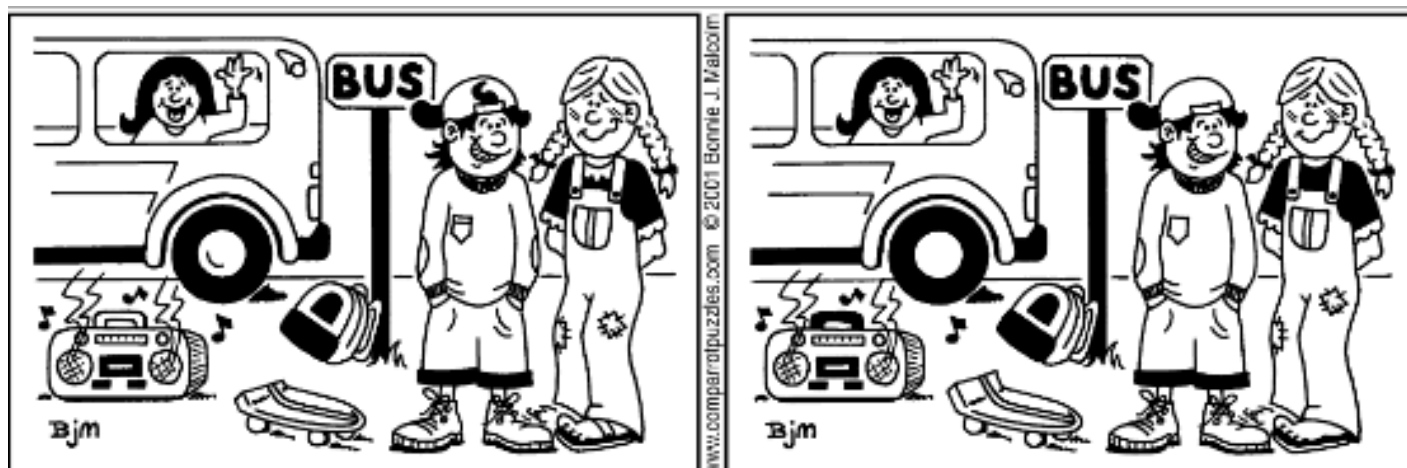
Do you know the meaning of these Cockney Rhyming Slang sayings?



1. Adam and the Ants
2. After Eight
3. Air Force
4. Baked Beans
5. Bag of sand
6. Errol Flynn
7. Farmers Daughter
8. Davy Crocket
9. Daisy Roots
10. Burton on Trent
11. Bat and wicket
12. Battle of Waterloo
13. Bright & Breezy
14. Cat and mouse
15. Chalk Farm
16. Chas & Dave
17. Clothes peg
18. Deep Sea Diver
19. Elephant and Castle
20. Frog and Toad

Activity - Spot the difference

Can you find the 12 differences between these pictures?



- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

Activity - Ditloids

A ditloid is a type of word puzzle, in which a phrase, quotation, date, or fact must be worked out from the numbers and abbreviated letters in the clue.

For example: 3 B M = Three Blind Mice

Can you work these out?

1. 3 S to H
2. 6 W of H the E
3. 6 Z in a M
4. 10 Y in a D
5. 12 S of the Z
6. 12 I in a F
7. 12 D of C
8. 12 D in a G
9. 12 K of the R T
10. 13 B D
11. 13 C in a S
12. 16 O in a P
13. 24 H in a D
14. 26 L in the A
15. 26 M in a M
16. 36 I in a Y
17. 50 S in the USA
18. 60 M in an H
19. A the W in 80 D
20. 101 D
21. 147 M B in S
22. 366 D in a L Y
23. 1760 Y in a M
24. 20000 L U the S

Memorable Sports Commentator Quotes



"There have been injuries and deaths in boxing, but none of them serious".
(Alan Minter)

"Watch the time. It gives you an indication of how fast they are running". *(Ron Pickering)*

"Just under 10 seconds for Nigel Mansel. Call it 9.5 seconds in round numbers".
(Murray Walker)

"A brain scan revealed that Andrew Caddick is not suffering from stress fracture of the shin." *(Jo Sheldon)*

"That's inches away from being millimetre perfect." *(Ted Lowe)*

"I'll fight Lloyd Honeyghan for nothing if the price is right." *(Marlon Starling)*

"If history repeats itself, I should think we can expect the same thing again".
(Terry Venables)

"The Queen's Park Oval, exactly as its name suggests, is absolutely round." *(Tony Crozier)*

'This is really a lovely horse, I once rode her mother. *(Ted Walsh - Horse Racing Commentator)*

"I can't tell who's leading. It's either Oxford or Cambridge." *(John Snagge - Boat Race between Oxford and Cambridge)*

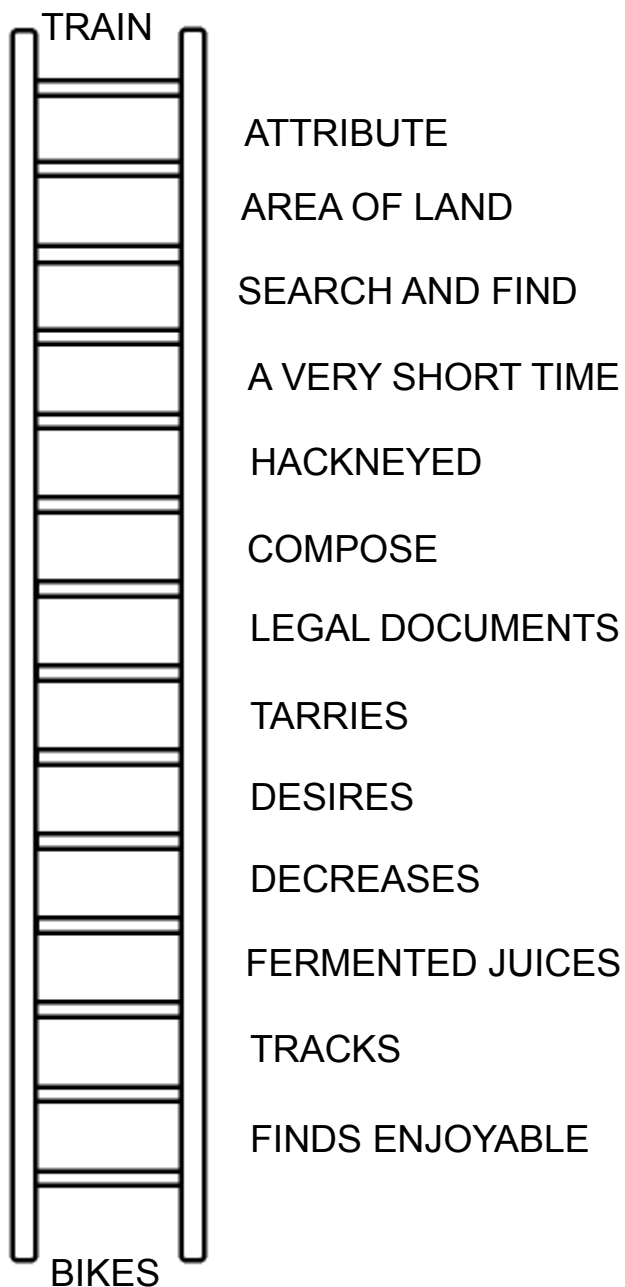
Activity - Colouring 1970s theme

If you don't have coloured pencils try using different shades of grey

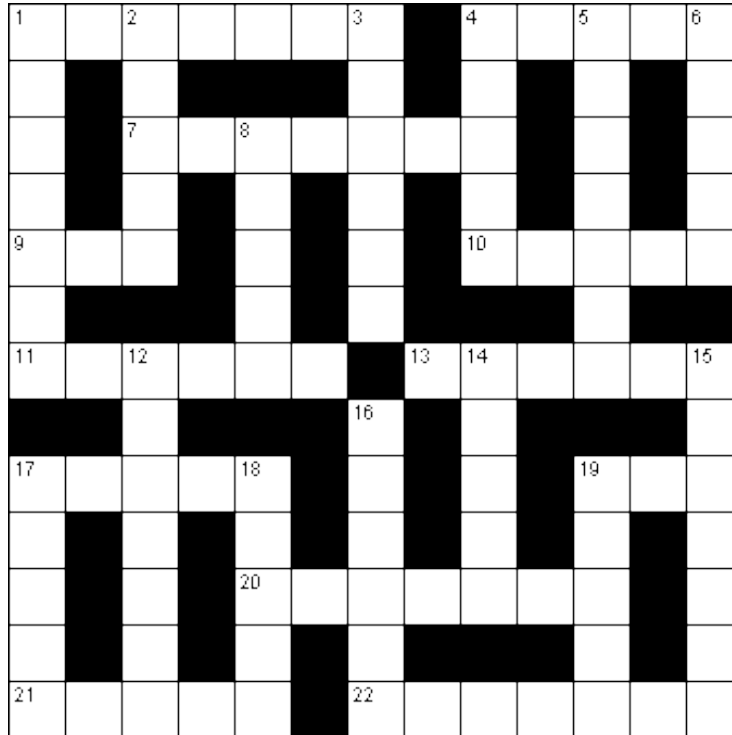


Activity - Word Ladder

A word ladder is a sequence of words formed by changing just one letter each time e.g., CAT - COT – DOT - DOG. Can you find the missing words? Use the clues if you get stuck.



Quiz 3 - Catchword - Complete the well-known saying to fill in the crossword.



ACROSS

1. _____ and lemons (7)
4. Game, set and _____ (5)
7. Aided and _____ (7)
9. Back to square _____ (3)
10. There are two _____ to every story (5)
11. The _____ of justice (6)
13. Given the 3rd _____ (6)
17. A close _____ (5)
19. _____ the knot (3)
20. History _____ itself (7)
21. It's _____ under the bridge (5)
22. Cups and _____ (7)

DOWN

1. Keep your _____ open (7)
2. Wide _____ (5)
3. Baby-_____ (6)
4. The _____ touch (5)
5. _____ and lightning (7)
6. All _____ on deck (5)
8. The _____ has landed (5)
12. For and _____ (7)
14. An optional _____ (5)
15. With friends like these, who needs _____? (7)
16. Sour _____ (6)
17. The last _____ (5)
18. Tried and _____ (5)
19. Touch, smell, sight, hearing, _____ (5)

Taken from Inside Time 01.10.19

The Old Violin

One afternoon at the auction room an old and battered violin came up for sale; it was evidently old, in a case with a bow. Before the bidding could begin, the auctioneer's assistant was tasked with



playing the instrument. He held up the old and somewhat tattered instrument and hesitantly scratched the bow over the strings and produced a dreadful sound. "Well, what am I bid for this fine old instrument", the auctioneer asked.

The bidding began – £15, £20, £25 – at which point the auctioneer felt the reserve price would not be reached and he would not get much commission. "Surely it is worth more and surely someone can make this instrument truly sing," he declared. At that point an elderly woman from the crowd picked up the violin and bow. She dusted the body and neck of the violin with her handkerchief, tightened the bow and tuned the strings. She then played a tune that made everyone stop and listen. After she stopped playing, she handed the instrument back to the assistant and the auctioneer picked up his gavel and once more invited bids. "Now, I'm sure that will put a different perspective on this fine instrument," he said, as a bid of £1,000 was made.

Another of £1,500 was quickly followed by £2,000 and eventually the gavel fell at £28,000. The crowd cheered at the price that was reached but someone called out – "how come the worth has changed so much?" "Clearly it was the touch of the hand of an expert that has revealed the true value of the violin," said the auctioneer.

As it is in our lives – many of us have lives that are out of tune – the tune we play sounds scratchy, unappealing and unattractive, and doesn't do us justice. What then if an expert teacher, mentor or guide was to take the rather shabby individual we have become and guide us to achieve, then maybe like that old violin we would play a different tune and increase our value.

Activity - Number Search

Just like a word search, but with groups of numbers instead.

2	3	8	4	7	5	0	8	9	8	3	7	4	1	0
2	8	5	4	2	9	8	3	5	9	2	2	7	9	3
0	6	9	8	2	9	3	8	5	7	4	5	5	9	4
1	2	1	8	1	6	9	1	0	9	8	7	6	4	3
2	3	3	9	1	0	8	3	7	4	9	2	0	1	5
1	0	3	7	3	0	4	8	8	3	8	2	9	8	9
4	7	8	3	9	2	0	8	7	3	9	5	2	8	3
5	7	8	8	7	9	4	7	0	5	8	4	7	3	0
5	8	2	3	9	5	6	4	5	3	7	8	6	3	8
1	9	1	0	8	9	8	7	9	3	9	5	4	8	6
0	4	8	5	7	3	7	8	2	4	6	5	8	8	5
0	0	9	6	8	3	8	3	8	5	7	3	6	2	3
7	2	8	3	9	2	9	8	3	7	4	3	2	9	4
8	4	8	9	4	7	9	8	4	4	5	4	3	4	5
7	8	7	9	0	7	4	3	8	2	2	4	7	3	1

03730, 04687, 10987, 18833, 20121, 28392, 44543, 50898, 57225,

64537, 65345, 79074, 88973, 93327, 94024, 95486.

Quiz 4 - Football Badges

1. Which national football team's badge is this?



2. Which English football club does this badge belong to?



3. Which two Scottish football teams are playing here?



4. Which French football club does this badge belong to?



5. Which English football club does this badge belong to?



6. Which famous European Football club does this badge belong to?



7. Which top English football team does this badge belong to?



8. Which national football team's badge is this?



9. Which European football club does this badge belong to?



10. Which historical Scottish football club does this badge belong to?

Dingbats

From the images below try and figure out the well-known phrase or saying. For example the first one is “Base Line”.

Base	ROOD	JOB AN	STRUGGLE
01	02	03	04
YMWY	OTSQ1	Idea an	OK PM
05	06	07	08
iiiiiiiiii	NE1410S	ARM	ALICE
09	10	11	12

World Health Organisation

COVID-19 Questions and Answers



What is a coronavirus?

Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered coronavirus causes coronavirus disease COVID-19.

What is COVID-19?

COVID-19 is the infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.

What are the symptoms of COVID-19?

The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhoea. These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell. Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. People with fever, cough and difficulty breathing should seek medical attention.

How does COVID-19 spread?

People can catch COVID-19 from others who have the virus. The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth.

COVID-19 Questions and Answers

continued

People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets. This is why it is important to stay more than 1 meter (3 feet) away from a person who is sick.



What can I do to protect myself and stop the spread of the disease

Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through your national and local public health authority. Many countries around the world have seen cases of COVID-19 and several have seen outbreaks. Authorities in China and some other countries have succeeded in slowing or stopping their outbreaks. However, the situation is unpredictable so check regularly for the latest news.

You can reduce your chances of being infected or spreading COVID-19 by taking some simple precautions:

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.
- Maintain at least 2metres (6 feet) distance between yourself and anyone who is coughing or sneezing. Why? When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.
- Avoid touching eyes, nose and mouth. Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.
- Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately. Why? Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.

Continued

COVID-19 Questions and Answers

continued

- Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority. Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.
- Keep up to date on the latest COVID-19 hotspots (cities or local areas where COVID-19 is spreading widely). If possible, avoid traveling to places – especially if you are an older person or have diabetes, heart or lung disease. Why? You have a higher chance of catching COVID-19 in one of these areas.



Source: World Health Organisation



Activity - Sudoku

3	9	1	5					
2	7			1	4		6	
				3				
6			9	4	8			
8	1	3				7		
		6				2		
					7		5	9
9			1	6				

EASY



				3	9	8	5	
7		4		8				
							1	
	2			5	3			9
3	5	1	6					
	4				7			
4	6	5						
		8		2			3	
	7				8			

MEDIUM



		2			5		8	9
			6				5	
		1	8				7	
		8		6	9			
4		5	7					
							4	
		6					2	
1		9		5				
	4				3			

	4		3	1				
		8		7	4	2		
					7			
4		6	5					5
5					1			
		3		6				9
	8			2				
		9				3	7	

HARD



	3							
		8		9				7
5			3				1	
	5		8				2	
				1				
		7	2			5		
	1					7		
		4			3	9		
	2	6			7		4	

7				1					
		2	6			7	8		
		8						1	
5				8				3	
6		3					1		
9				4	5				
			2				7		
	6		5						
							1	4	9

Activity - Sudoku

7	3			5			
	4			6			
		1		9	5		
	5			1	9	2	
			4	7	5	8	
3			7	2			
6	9				2		
			6	3	4		

EASY



1		6					3
9			1				
		4				5	
		7				6	5
2	1				6		8
	6		4				
	7	2					
	8			3	1		7
4			7	8			2

	8			7			6
					6		3
2				9			5
7							
5							8
	2	4	5				
	5	8	3				2
4		9					7
				5			9

MEDIUM



3				8			5
					4		
	2				6	9	
8	2				5		
	9			6		1	7
5					7		4
	8			2			
	3			5			7

		1			4		
3				5		9	2
			9				7
						3	8
					1		
7	9						
5	2				8		
				4			5
			1	6			4

HARD



					2		5	3
5					9		8	
	7							
	9	3		7		6		
				9	5			
			1					
8					6		3	
		6	4	3				
	3		5					

ANSWERS

Quiz 1 - 2019 General Knowledge

- | | | |
|-------------------------------------------------------------------------------------|-------------------------------------|-------------------|
| 1. "Abbey Road" by The Beatles | 4. Dilyn | 9. Diane Abbott |
| 2. Wimbledon Men's Singles Final, British F1 Grand Prix and Cricket World Cup Final | 5. Chelsea pensioner Colin Thackery | 10. Emma Watson |
| 3. Avengers: End Game | 6. Leicester to Loughborough | 11. Ariana Grande |
| | 7. Seventh | 12. Siya Kolisi |
| | 8. Alan Turing | |

Quiz 2 - Cockney Rhyming Slang

- | | |
|-----------------------------|--------------------------------|
| 1. Adam and the Ants—pants | 11. Bat and wicket—ticket |
| 2. After Eight—date | 12. Battle of Waterloo—stew |
| 3. Air Force—sauce | 13. Bright & Breezy—easy |
| 4. Baked Beans—jeans | 14. Cat and mouse—house |
| 5. Bag of sand—grand 1,000 | 15. Chalk Farm—arm |
| 6. Errol Flynn—chin | 16. Chas & Dave—shave |
| 7. Farmers Daughter—quarter | 17. Clothes peg—egg |
| 8. Davy Crocket—pocket | 18. Deep Sea Diver—fiver (£5) |
| 9. Daisy Roots—boots | 19. Elephant and castle—parcel |
| 10. Burton on Trent—rent | 20. Frog and Toad—road |

Activity - Spot the difference

- | | |
|---------------------------------------|---------------------------------------|
| 1. Line on boys' pocket missing | 8. Cassette player handle coloured in |
| 2. Strap on sandal missing | 9. Patch on trousers moved up |
| 3. Hair at back of ball cap missing | 10. Light on bus moved down |
| 4. Elbow patch missing | 11. Musical note moved to right |
| 5. Back of seat by girl's arm missing | 12. Back of skateboard is longer |
| 6. Hubcap missing | |
| 7. Collar on girl's top coloured in | |

ANSWERS

Activity - Ditloids

1. Three Steps to Heaven
2. Six Wives of Henry the Eighth
3. Six Zeros in a Million
4. Ten Years in a Decade
5. Twelve Signs of the Zodiac
6. Twelve inches in a foot
7. Twelve Days of Christmas
8. Twelve Dozen in a Gross
9. Twelve Knights of the Round Table
10. Thirteen - Bakers Dozen
11. Thirteen Cards in a Suit
12. Sixteen Ounces in a Pound
13. Twenty-Four Hours in a Day
14. 26 Letters in the Alphabet
15. 26 Miles in a Marathon
16. 36 Inches in a Yard
17. 50 States in the USA
18. 60 Minutes in an Hour
19. Around the world in 80 days
20. 101 Dalmatians
21. 147 Maximum Break in Snooker
22. 366 Days in a Leap Year
23. 1760 Yards in a Mile
24. 20000 Leagues Under the Sea

Activity - Word Ladder

TRAIN, TRAIT, TRACT, TRACE, TRICE, TRITE, WRITE, WRITS, WAITS, WANTS, WANES, WINES, LINES, LIKES, BIKES

Quiz 3 - Catchword

O	R	A	N	G	E	S		M	A	T	C	H	
P		W				I		I		H		A	
T		A	B	E	T	T	E	D		U		N	
I		K		A		T		A		N		D	
O	N	E		G		E		S	I	D	E	S	
N				L		R				E			
S	C	A	L	E	S			D	E	G	R	E	E
		G				G		X					N
S	H	A	V	E		R		T		T	I	E	
T		I		R		A		R		A		M	
R		N		R	E	P	E	A	T	S		I	
A		S		O		E				T		E	
W	A	T	E	R		S	A	U	C	E	R	S	

ANSWERS

Quiz 4 - Football badges

1. Italy
2. Liverpool
3. Livingston and Dundee
4. Olympique Lyonnais
5. Manchester United
6. AS Monaco
7. Newcastle United
8. Portugal
9. Paris Saint Germain
10. Queens Park

Activity - Dingbats

1. Base line
2. Back door
3. An inside job
4. An uphill struggle
5. An upset tummy
6. Back to square on
7. An after thought
8. Alright on the night
9. A high IQ
10. Anyone for tennis
11. Arm in arm
12. Alice through the looking glass

ANSWERS

Activity - Sudoku

3	9	1	5	6	2	4	7	8
2	7	5	8	1	4	9	6	3
4	6	8	7	3	9	5	1	2
6	2	7	9	4	8	1	3	5
8	1	3	6	2	5	7	9	4
5	4	9	3	7	1	8	2	6
7	5	6	4	9	3	2	8	1
1	3	4	2	8	7	6	5	9
9	8	2	1	5	6	3	4	7

EASY



6	1	2	7	3	9	8	5	4
7	3	4	1	8	5	2	9	6
5	8	9	2	4	6	7	1	3
8	2	7	4	5	3	1	6	9
3	5	1	6	9	2	4	7	8
9	4	6	8	1	7	3	2	5
4	6	5	3	7	1	9	8	2
1	9	8	5	2	4	6	3	7
2	7	3	9	6	8	5	4	1

2	4	7	3	9	1	6	5	8
9	1	8	6	5	7	4	2	3
3	6	5	2	4	8	7	9	1
4	7	6	5	1	9	8	3	2
8	3	1	7	6	2	9	4	5
5	9	2	8	3	4	1	6	7
1	5	3	4	7	6	2	8	9
7	8	4	9	2	3	5	1	6
6	2	9	1	8	5	3	7	4

MEDIUM



6	7	2	3	4	5	1	8	9
8	9	4	6	1	7	3	5	2
3	5	1	8	9	2	6	7	4
7	1	8	4	6	9	5	2	3
4	2	5	7	3	1	8	9	6
9	6	3	5	2	8	4	1	7
5	8	6	9	7	4	2	3	1
1	3	9	2	5	6	7	4	8
2	4	7	1	8	3	9	6	5

6	3	2	7	4	1	8	9	5
1	4	8	6	5	9	2	3	7
5	7	9	3	2	8	6	1	4
4	5	1	8	7	6	3	2	9
2	6	3	9	1	5	4	7	8
8	9	7	2	3	4	5	6	1
3	1	5	4	9	2	7	8	6
7	8	4	1	6	3	9	5	2
9	2	6	5	8	7	1	4	3

HARD
HARD



7	9	6	4	8	1	3	5	2
3	1	2	6	9	5	7	8	4
4	5	8	7	2	3	9	6	1
5	2	7	1	6	8	4	9	3
6	4	3	9	5	2	8	1	7
9	8	1	3	7	4	5	2	6
8	3	4	2	1	9	6	7	5
1	6	9	5	4	7	2	3	8
2	7	5	8	3	6	1	4	9

ANSWERS

Activity - Sudoku

7	3	2	8	1	5	9	4	6
5	4	9	7	6	3	8	2	1
8	6	1	4	2	9	3	5	7
4	5	6	3	8	1	7	9	2
2	7	8	5	9	6	1	3	4
9	1	3	2	4	7	5	6	8
3	8	4	9	7	2	6	1	5
6	9	7	1	5	4	2	8	3
1	2	5	6	3	8	4	7	9

EASY



1	2	6	5	4	7	9	3	8
9	5	8	1	6	3	2	4	7
7	3	4	8	2	9	5	6	1
8	4	7	9	1	2	6	5	3
2	1	9	3	5	6	7	8	4
5	6	3	4	7	8	1	9	2
3	7	2	6	9	4	8	1	5
6	8	5	2	3	1	4	7	9
4	9	1	7	8	5	3	2	6

3	8	1	4	7	5	2	9	6
9	4	5	2	1	6	7	8	3
2	6	7	8	3	9	1	4	5
7	1	6	9	4	8	3	5	2
5	9	3	7	2	1	4	6	8
8	2	4	5	6	3	9	1	7
1	5	8	3	9	7	6	2	4
4	3	9	6	8	2	5	7	1
6	7	2	1	5	4	8	3	9

MEDIUM



3	4	1	7	8	9	6	5	2
9	5	6	1	2	4	3	7	8
7	2	8	3	5	6	9	4	1
1	6	3	4	7	2	8	9	5
8	7	2	9	1	5	4	6	3
4	9	5	8	6	3	1	2	7
5	1	9	6	3	7	2	8	4
6	8	7	2	4	1	5	3	9
2	3	4	5	9	8	7	1	6

9	7	1	3	2	4	6	5	8
3	4	8	6	5	7	9	1	2
2	5	6	9	8	1	4	7	3
1	8	5	4	9	6	2	3	7
4	6	2	5	7	3	8	9	1
7	9	3	8	1	2	5	4	6
5	2	4	7	3	8	1	6	9
6	1	7	2	4	9	3	8	5
8	3	9	1	6	5	7	2	4

HARD



4	6	9	7	8	2	1	5	3
5	1	2	3	4	9	7	8	6
3	7	8	1	5	6	9	2	4
2	9	3	8	7	4	6	1	5
6	8	4	9	1	5	2	3	7
7	5	1	6	2	3	8	4	9
8	4	5	2	6	7	3	9	1
9	2	6	4	3	1	5	7	8
1	3	7	5	9	8	4	6	2