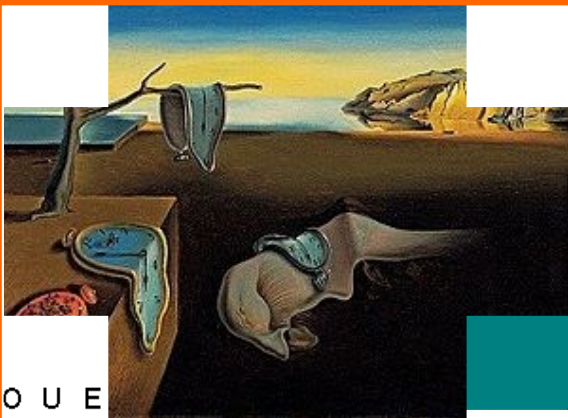


'food for thought'

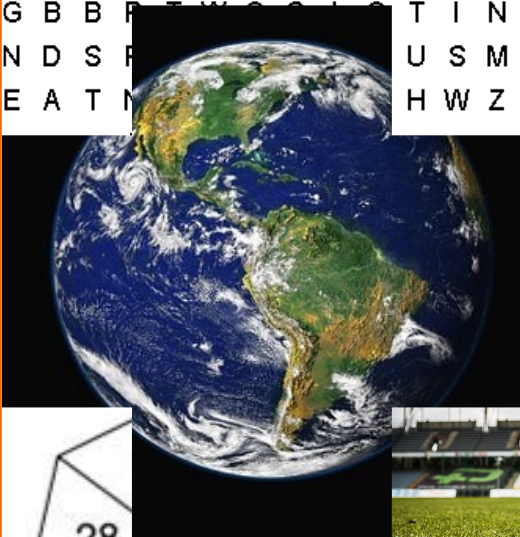
Issue 2

Your Distraction Pack



24		24	7	
19		17		
16	2	13	23	1
8		24		1
7		2	15	4
24		2		
	20	4	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 S C L T I N
N D S F U S M
E A T M H W Z



Welcome to the **2nd** 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 26.



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:



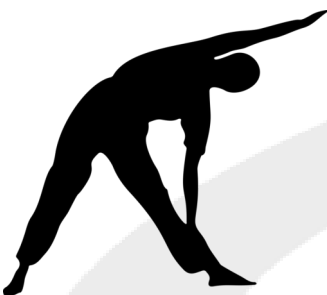
- Try and change your daily routine as much as is possible.



- 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.

The logo for 'Thought for the Day' is a stylized thought bubble with the words 'Thought for the Day' written inside in a cursive, handwritten-style font.

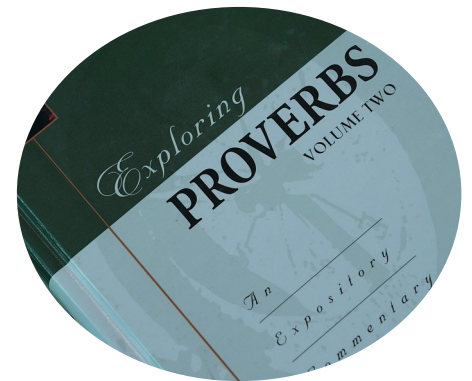
Your stories from across the country

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.



Activity - Scrambled Proverbs

Every culture has a collection of wise sayings that offer advice about how to live your life. These sayings are called "proverbs". The following have been scrambled; can you unscramble them to reveal the well-known proverb? And do you know what they mean?

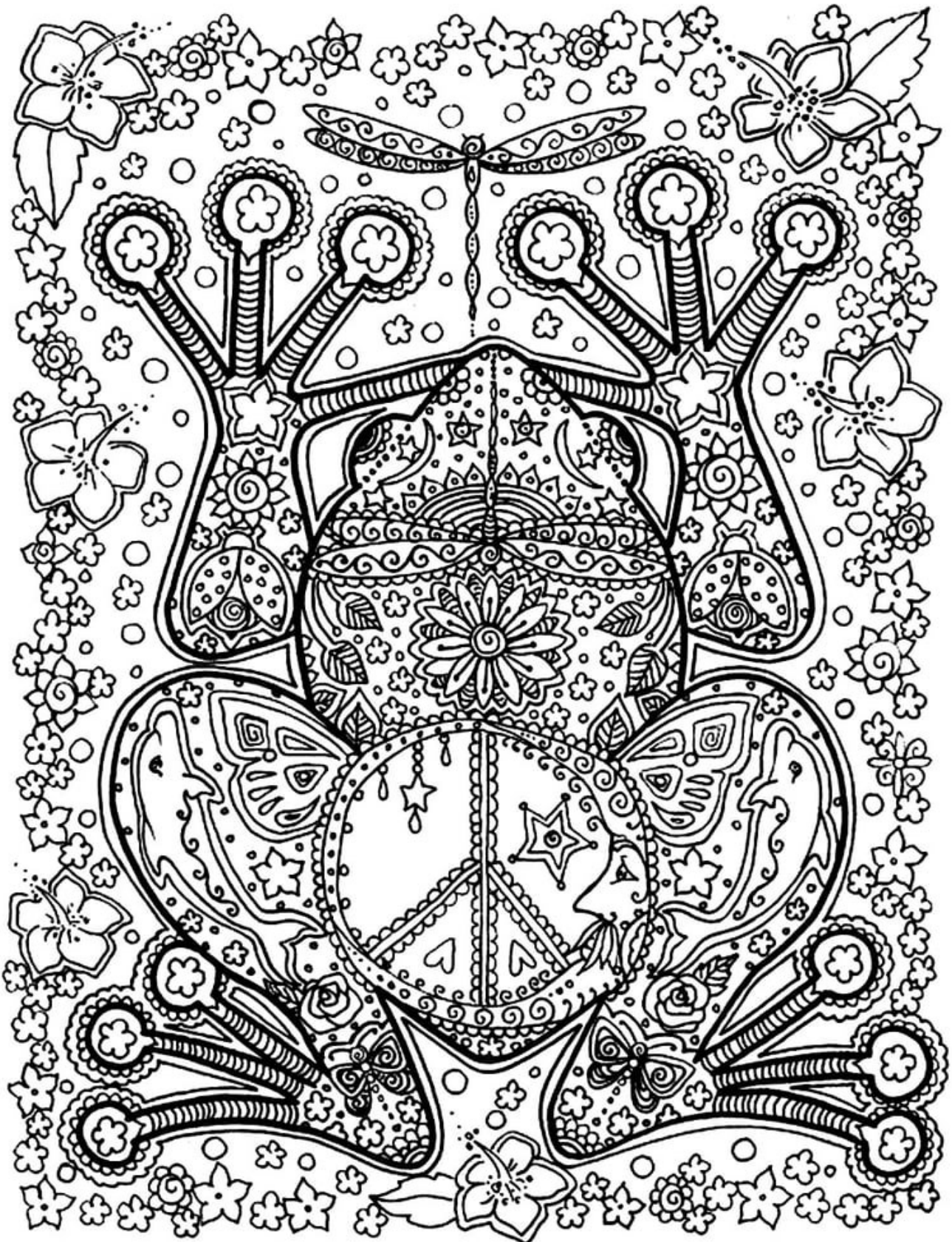


1. His bad tools always blames a workman.
2. A thousand words a picture is worth.
3. A strong weakest link as its chain is only as
4. Adversity and man make loss a wise.
5. The devil's workshop is an idle brain.
6. A thousand miles journey begins with a single step of.
7. Noise makes much noise a vessel empty.
8. Gold is not all that glitters.
9. Put your foot forward always best.
10. Choosers can't be beggars.

Activity - Can you find the tools Fred has lost?



Activity - colouring - if you don't have coloured pencils, try using different shades of grey.



Over the next few issues we will be including some exercises, recommended by NHS Choices, that can easily be done indoors. Try and set aside 20-mins each day to exercise.

NECK PAIN & TENSION RELIEF

DAREBEE WORKOUT @ darebee.com
3 sets | up to 2 minutes rest between sets

www.nhs.uk **NHS** choices



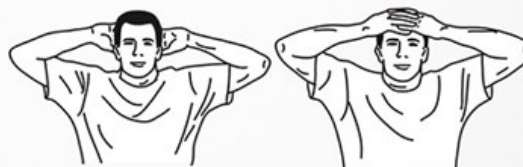
10 back and forth tilts



10 side-to-side tilts



10 neck rotations



10-count press



10-count press



10-count alternating side press



10-count alternating chin press

Sofa Workout

Repeat 3 times | up to 2min rest between sets

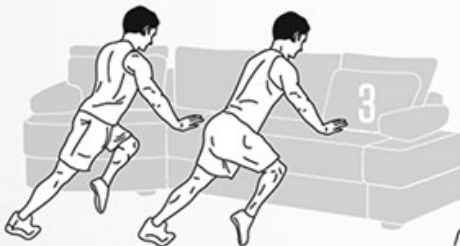
@ neilarey.com



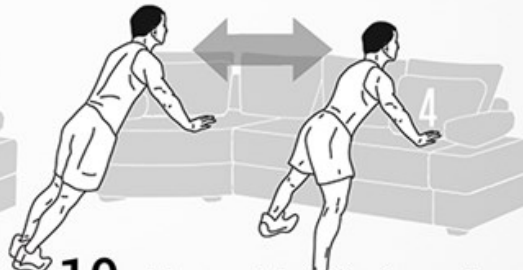
20 half squats



10 sofa dips



20 climbers



10 side-to-side sofa walks



10 leg raises



10 raised leg circles

Activity - Word Search - Transport

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

AIRPLANE
 BICYCLE
 BLIMP
 BOAT
 CAMEL
 CANOE
 CARRIAGE
 ELEVATOR
 ESCALATOR

FERRY
 GONDOLA
 HORSE
 JET
 MOPED
 MOTORCYCLE
 PARACHUTE
 RAFT

RICKSHAW
 ROCKET
 ROLLER BLADES
 SCOOTER
 SHIP
 SKATEBOARD
 SKIS
 SLED

SNOWMOBILE
 SUBMARINE
 TRAIN
 TRAM
 TRUCK
 VAN
 WAGON
 YACHT

Face Illusions are ambiguous images which exploit similarities between two or more distinct images. They are also known as reversal images, puzzle images and perceptual rivalry. What do you see?



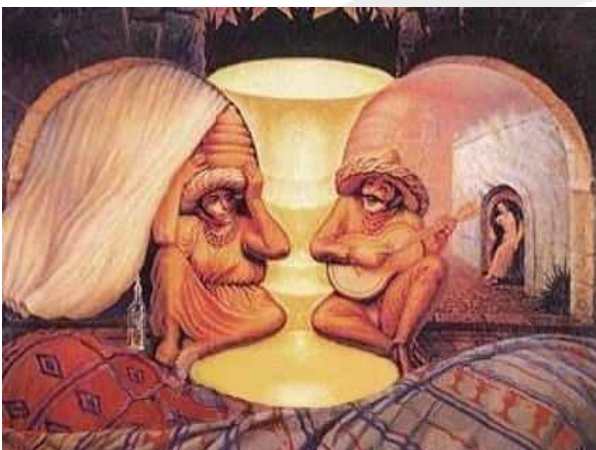
This is definitely one of the most amazing optical illusions of all times! What do you see at first glance - an old lady or a young lady? They are both there! Mouth of the old woman is necklace of young woman and nose of the old lady is chin of the young lady.

A similar example of ambiguous visual illusions - father and son.



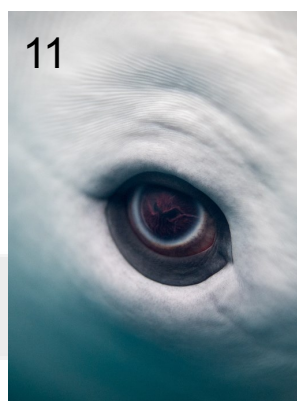
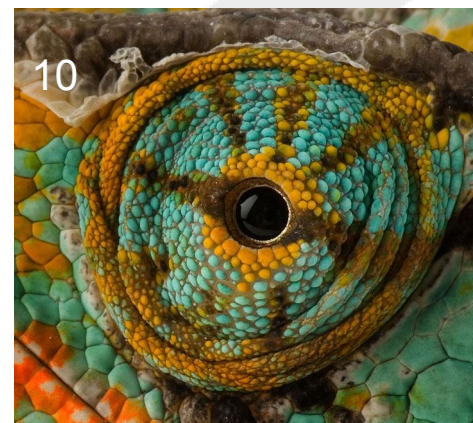
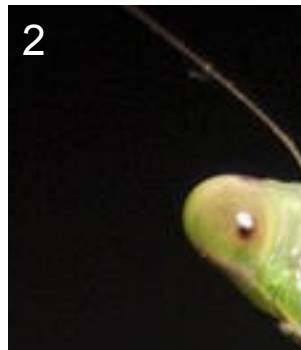
Whole family mind teaser - father with mother and daughter (by G. H. Fischer)

Profile of Salvador Dali and a strange woman. Head of the female figure is also eye on the big face.



An old couple (look close at the profiles of faces) is remembering the times when they were young and full of life ("Forever Always" by Octavio Ocampo)

Quiz 1 - Can you identify the eye of these creatures (or eyes as in no. 1) ?



Activity - Anagrams

The following are anagrams of well-known films. Can you work them out? The number in brackets is the number of words in the title.

1. Sheen hatted workmanship (3)
2. He that forged (2)
3. Dank thigh trek (3)
4. His drill scents (2)
5. Lip fun topic (2)
6. Unhealthy hotbed go get dad (7)
7. Cub flight (2)
8. Rum pet frogs (2)
9. Seventeenth cow forsook clue (6)
10. Flogs a dole (1)

It's a Bug's life!



1) A **ladybird** might eat more than 5,000 insects in its lifetime.

2) **Fruit flies** were the first living creatures to be sent into space.

3) **Dragonflies** have been on earth for 300 million years.

4) A **bee's** wings beat 190 times a second, that's 11,400 times a minute.



5) The **stag beetle** is the largest species of insect to be found in the UK.

6) **Caterpillars** have 12 eyes.



7) One **dung beetle** can drag 1,141 times its weight – that's like a human pulling six double-decker buses.

8) A single **honeybee** colony can produce around 100kg of honey each year – that's 220 jars.

9) An **ant-eating assassin bug** piles its victims onto its body to scare predators.

10) Large groups of **fireflies** sometimes flash in unison.

11) To breathe underwater, the **water scorpion** uses a snorkel-like tube on its abdomen.

12) There are 36 species of **dragonfly** found in the UK.

continued

It's a Bug's Life! continued

13) **Bulldog ants** can leap seven times the length of their bodies.

14) **Mosquitos** are attracted to smelly feet!

15) Some male **stoneflies** do push-ups to attract a mate.

16) **Butterflies** taste with their feet.

17) **Grasshoppers** have special organs in their hind legs that store energy for jumping.

18) A **hornet's** favourite food is a bee



Mosquito

19) The **red postman butterfly** develops its own poison by eating toxic plants



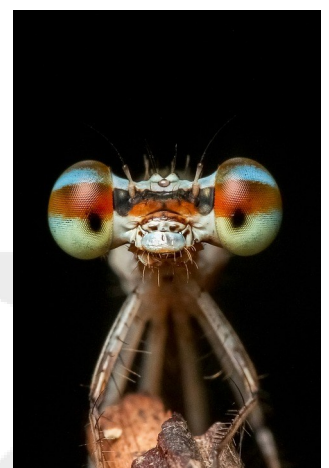
Red Postman Butterfly

20) A **sea skater's** leg hair traps air, enabling it to float on water.

21) **Grasshoppers** existed before dinosaurs.

22) **Damselflies** have been on earth for more than 300 million years

23) Male **giraffe weevils** use their long necks to fight each other.

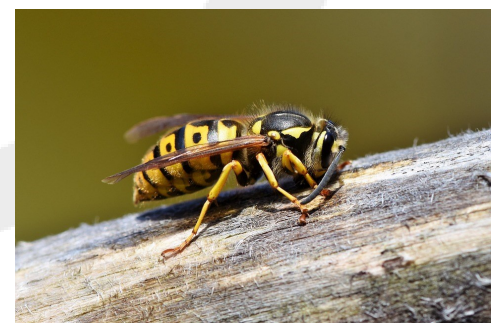
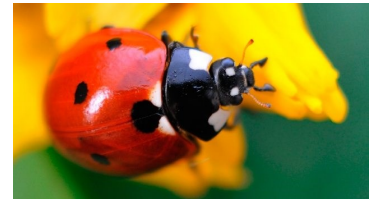


Damselfly

It's a Bug's Life! Quiz

How many of the facts from *It's a Bug's Life* can you remember?

1. A **ladybird** might eat more than insects in its life-time.
2. **Dragonflies** have been on earth for years.
3. A **bee's** wings beat times a second, that's times a minute.
4. The **stag beetle** is the species of insect to be found in the UK.
5. **Caterpillars** have eyes.
6. One **dung beetle** can drag times its weight – that's like a human pulling double-decker buses.
7. A single **honeybee** colony can produce aroundkg of honey each year – that's jars.
8. An **ant-eating assassin bug** piles its victims onto its to scare predators.
9. Large groups of **fireflies** sometimes in unison.
10. There are 36 species of found in the UK.
11. **Bulldog ants** can leap times the length of their bodies.
12. **Mosquitos** are attracted to smelly
13. Some male **stoneflies** do push-ups to attract a
14. **Butterflies** taste with their
15. **Grasshoppers** have special organs in their that store energy for jumping.
16. A **hornet's** favourite food is a

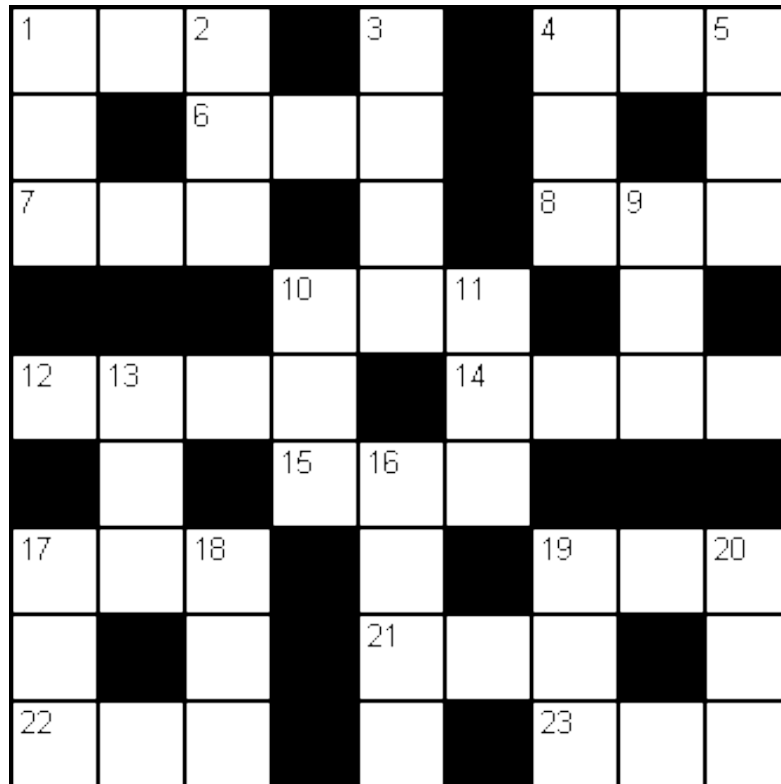


How did you do? Check back with the article on the previous pages.

Quiz 2 - General Knowledge

1. How many people are there on an English jury?
2. Which supermarket chain would you associate with George clothing?
3. How many squares are there on a chess board?
4. Where would you find the Sea of Tranquillity?
5. On what everyday item would you find 'Decus Et Tutamen' inscribed?
6. In The Tour de France the rider with the lowest aggregate time and hence the leader of the race gets to wear what colour jersey?
7. Which classic comedy is set in Walmington-on-Sea?
8. Name the three primary colours?
9. What is the name of the Royal Air Force's famous aerobatic display team?
10. In books or television, who leaves his house at 52 Festive Road to visit a costume shop where he is invited by a fez-wearing shopkeeper to try on a fancy-dress costume?
11. Which award has the motto 'For Valour' on it?
12. According to the well known proverb 'all roads lead to' where (HINT: It's a capital city)?
13. 'War Cry' is the newspaper of which organisation?
14. What is the name of Japanese rice wine?
15. The mosquito bite is associated with spreading which deadly disease?

Activity - Number Crossword



ACROSS

1. 2 down times three
4. 197 doubled
6. 11 down plus 185
7. 19 down plus 104
8. 1 across plus nineteen
10. months in nine years
12. 14 across plus ninety-four
14. Hours in six weeks
15. Five times 9 down
17. 18 down minus twelve
19. Months in eleven years
21. 4 across doubled
22. Minutes in five hours
23. Three times 10 across

DOWN

1. Four times 10 down
2. 13 down plus seventeen
3. Five times 12 across
4. 23 across plus thirty-two
5. Minutes in seven hours
9. 19 across plus thirty-eight
10. 22 across minus 172
11. 21 across plus twenty-two
13. Seconds in three minutes
16. 3 down plus sixty-three
17. 15 across minus thirty seven
18. 17 down plus seven
19. 20 down minus eighty-one
20. 4 down minus ninety-two

Health Watch



The side effects of being dehydrated can range from mild to life threatening.

Drinking enough water as opposed to caffeine based tea, coffee and sweet cheap squashes is vital to aid wellbeing.

Nine great reasons to drink water:

1. **Weight Loss** - Water has no fat, no calories, no carbs and no sugar. It is the best!
2. **Heart Healthy** - Lowers your risks of heart attack by 41%. Don't stress your body, drink water so it isn't stressed.
3. **Energy** - Being Dehydrated can sap your energy and make you feel tired. Start your morning with a mug of room temperature water immediately upon waking. You will hydrate your body and give it an energy boost.
4. **Headaches** - Many headaches are simply a matter of not drinking enough water. Before taking paracetamol, drink a mug of water.
5. **Healthy Skin** - Clears your skin and gives it a healthy glow. Water is held in the skin and without it the firmness and plumpness of your facial skin cells are gone and you can look tired and aged.
6. **Better Exercise** - Being dehydrated can severely hamper your physical activities. Your body needs to recover after exercise and without proper fluids, recovery can be greatly minimised, thus leaving your body in an unhealthy state.
7. **Digestive Problems** - Water can help cure stomach acid problems. (Tip: Only drink half to two thirds a mug with a meal to avoid disrupting digestion of food. Drink a mug of water 30 minutes before or 60 minutes after.)
8. **Cancer Risk** - Reduce risk of colon cancer by 45% and bladder cancer by 50%.
9. **Cleansing** - Water is used by the body to help flush out toxins and waste.

Tips:

- Drink first mug within 15-20 minutes of waking and before any other morning beverage like coffee or tea.
- Spread out drinking your daily water - drink a mug between meals mid-morning and mid-afternoon.
- Limit water with meals to half a mug.
- Drink a mug of water 30 minutes prior to a meal.



WATER

COMPOSES 75% OF YOUR BRAIN

REGULATES YOUR BODY TEMPERATURE

MAKES UP 83% OF YOUR BLOOD

REMOVES WASTE

COMPOSES 22% OF YOUR BONES

CUSHIONS YOUR JOINTS

HELPS CARRY NUTRIENTS AND OXYGEN TO YOUR CELLS

MOISTENS OXYGEN FOR BREATHING

HELPS CONVERT FOOD TO ENERGY

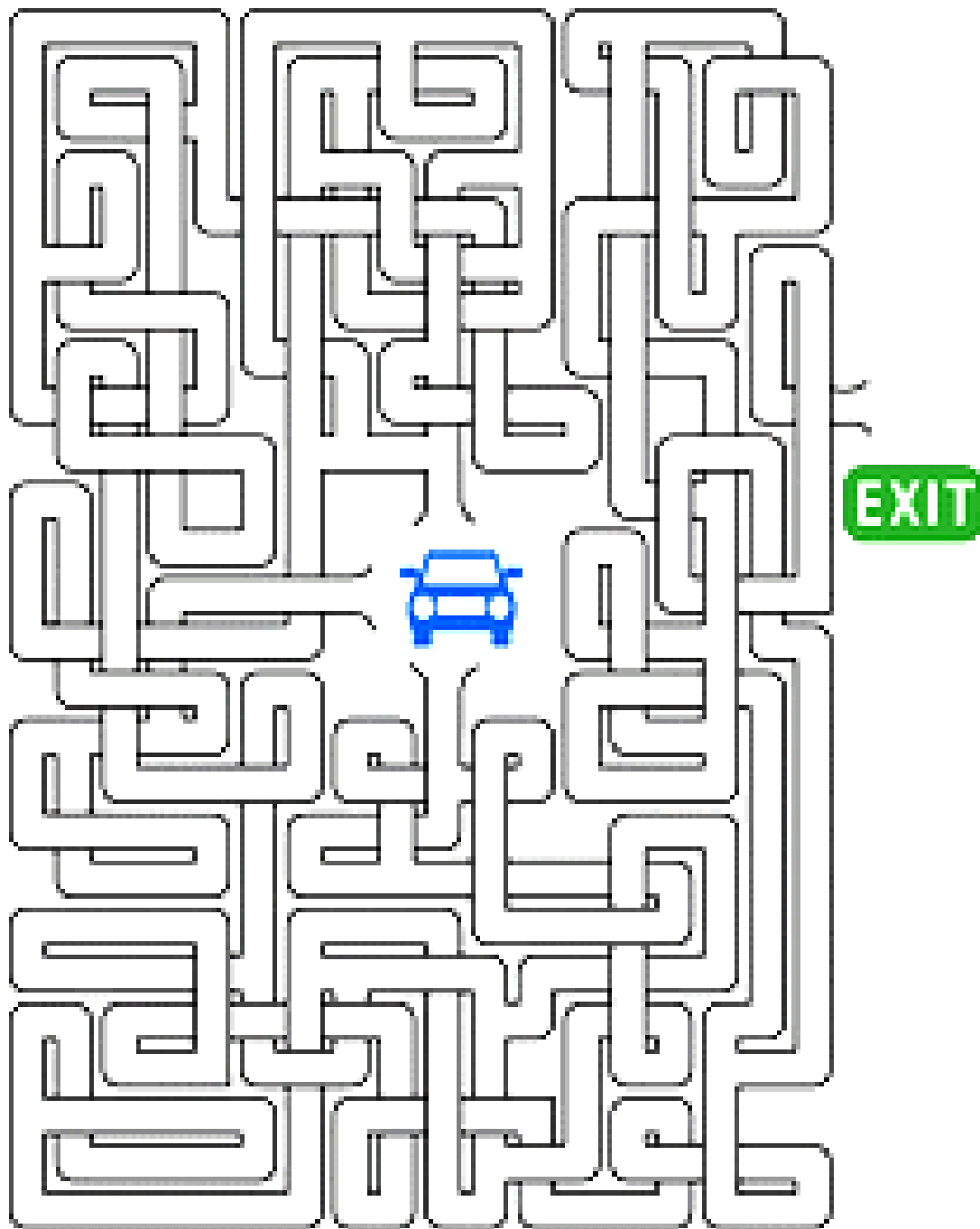
PROTECTS AND CUSHIONS YOUR VITAL ORGANS

HELPS YOUR BODY ABSORB NUTRIENTS

MAKES UP 75% OF YOUR MUSCLES

.Detox **NOW** .

Activity - Can you get the car through the maze of roads to the exit?



Quiz 3 - Who said that?

Can you match the quote with the person who is famously associated with it?

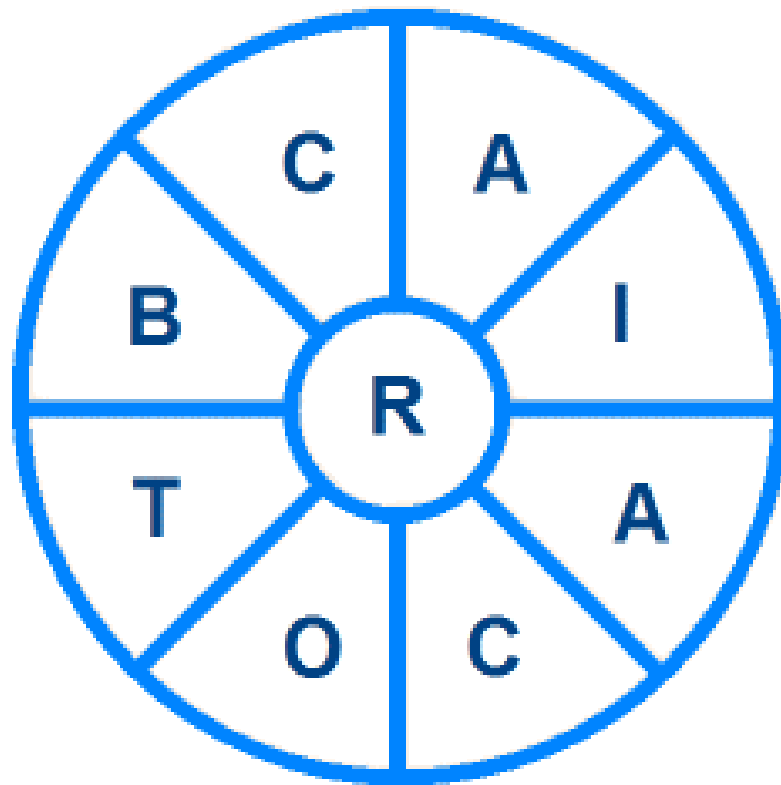
1. "Don't cry because it's over, smile because it happened."
2. "Be yourself; everyone else is already taken."
3. "Impossible is a word to be found only in the dictionary of fools."
4. "You only live once, but if you do it right, once is enough."
5. "If you don't stand for something you will fall for anything."
6. "You must be the change you wish to see in the world."
7. "Simplicity is the key to brilliance."
8. "The truth is, everyone is going to hurt you. You just got to find the ones worth suffering for."
9. "Do one thing every day that scares you."
10. "If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it. And, like any great relationship, it just gets better and better as the years roll on."

- | | | |
|------------------------------|-----------------------------|----------------------|
| A. <i>Dr. Seuss</i> | E. <i>Mahatma Gandhi</i> | I. <i>Bob Marley</i> |
| B. <i>Malcolm X</i> | F. <i>Mae West</i> | J. <i>Steve Jobs</i> |
| C. <i>Napoleon Bonaparte</i> | G. <i>Bruce Lee</i> | |
| D. <i>Oscar Wilde</i> | H. <i>Eleanor Roosevelt</i> | |

Your answers:

Activity - Word Wheel

How many words can you make from the letters in the wheel? Each word must contain the hub letter R, avoiding proper nouns. Can you find the 9-letter word?



Activity - Sudoku Fill in the blanks so that each row, each column and each of the nine 3 x 3 grids contain one of each of the numbers 1 - 9.

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

EASY



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

MEDIUM



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

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

HARD



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

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

Activity - Sudoku

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

EASY



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

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

MEDIUM



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

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

HARD



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

ANSWERS

Activity - Scrambled Proverbs

1. **A bad workman always blames his tools.**

This proverb is used when someone blames the quality of their equipment or other external factors when they perform a task poorly.

2. **A picture is worth a thousand words.**

It is easier to show or explain something through a picture than through words.

3. **A chain is only as strong as its weakest link.**

One weak part will render the whole weak.

4. **Adversity and loss make a man wise.**

We gain wisdom faster in difficult times than in prosperous times.

5. **An idle brain is the devil's workshop.**

If you've nothing to do, you'll likely think of mischief.

6. **A journey of thousand miles begins with a single step.**

Howsoever big a task is, it starts with a small step.

7. **An empty vessel makes much noise.**

Foolish or stupid people are the most talkative.

8. **All that glitters is not gold.**

Things that look good outwardly may not be as valuable or good.

9. **Always put your best foot forward.**

Try as hard as you can or give your best.

10. **Beggars can't be choosers.**

People who depend on the generosity of others can't pick & choose things as per their liking. They've to accept what is given to them.

ANSWERS

Quiz 1 - Creatures Eyes

- | | | |
|-------------------|------------|------------------|
| 1. Housefly | 5. Camel | 9. Chameleon |
| 2. Praying Mantis | 6. Ostrich | 10. Python |
| 3. Frog | 7. Python | 11. Beluga Whale |
| 4. Owl | 8. Tiger | 12. Crocodile |

Activity - Anagrams - Films

- | | |
|--|---|
| 1. Sheen hatted workmanship
The Shawshank Redemption | 6. Unhealthy hotbed go get dad
The Good, The Bad and The Ugly |
| 2. He that forged
The Godfather | 7. Cub flight
Fight Club |
| 3. Dank thigh trek
The Dark Knight | 8. Rum pet frogs
Forrest Gump |
| 4. His drill scents
Schindler's list | 9. Seventeenth cow forsook clue
One Flew Over the Cuckoo's Nest |
| 5. Lip fun topic
Pulp Fiction | 10. Flogs a dole
Goodfellas |

Quiz 2 - General Knowledge

- | | | |
|----------------|-------------------------|------------------------|
| 1. 12 | 6. Yellow | 11. The Victoria Cross |
| 2. Asda | 7. Dads Army | 12. Rome |
| 3. 64 | 8. Blue, red and yellow | 13. The Salvation Army |
| 4. On the moon | 9. Red Arrows | 14. Sake |
| 5. Pound coin | 10. Mr Benn | 15. Malaria |

ANSWERS

Activity - Number Crossword

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

Quiz 3 - Who said that?

- | | | | |
|------|------|------|-------|
| 1. A | 4. F | 7. G | 10. J |
| 2. D | 5. B | 8. I | |
| 3. C | 6. E | 9. H | |

Activity - Word Wheel

9 letter word: ACROBATIC

Some words of five letters or more containing the hub letter **R**:

aria, boar, brat, card, coir, crib, crab, riot, rota, taro, trio, abort, actor, aorta, atria, bract, carat, cobra, orbit, ratio, tabor, tiara, acrobat, carioca

ANSWERS

Activity - Sudoku

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

EASY



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

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

MEDIUM



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

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

HARD



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

ANSWERS

Activity - Sudoku

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

EASY



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

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

MEDIUM



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

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

HARD



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