

# 'food for thought'

## Issue 3

### Your Distraction Pack



Welcome to the **3rd** 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 28.



Having supported older individuals with convictions (in prisons and the community) 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](http://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](http://www.bcha.org.uk)

## Self-isolating Top Tips:



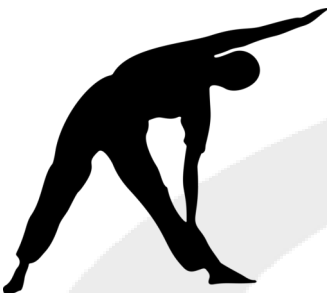
- Try and change your daily routine as much as is possible.



- 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.

## Help and Support

There are a number of organisations out there to help you with any issues you may be experiencing and some are listed below. Over the next few issues we will be including others. Keep them to hand, just in case you need them.



### **Rethink Mental Illness**

Support and advice for people living with mental illness.

Phone: 0300 5000 927 (Monday to Friday, 9.30am to 4pm)

Website: [www.rethink.org](http://www.rethink.org)

### **Samaritans**

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: [www.samaritans.org.uk](http://www.samaritans.org.uk)

### **Alcoholics Anonymous**

Phone: 0800 917 7650 (24-hour helpline)

Website: [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

### **Narcotics Anonymous**

Phone: 0300 999 1212 (daily, 10am to midnight)

Website: [www.ukna.org](http://www.ukna.org)

### **Beat (eating disorders)**

Phone: 0808 801 0677 (adults) or 0808 801 0711 (for under-18s)

Website: [www.b-eat.co.uk](http://www.b-eat.co.uk)

### **Cruse Bereavement Care**

Phone: 0808 808 1677 (Monday to Friday, 9am to 5pm)

Website: [www.cruse.org.uk](http://www.cruse.org.uk)

### **Anxiety UK**

Charity providing support if you have been diagnosed with an anxiety condition.

Phone: 03444 775 774 (Monday to Friday, 9.30am to 10pm; Saturday to Sunday, 10am to 8pm)

Website: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

## Your stories from across the country

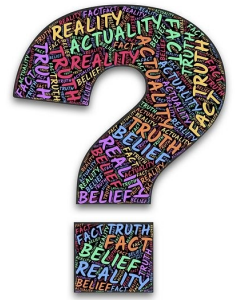
We would like to receive stories of your experiences in the accommodation during COVID-19 and will be selecting a number of them to go into future Distraction Packs. We will also be collecting and compiling them and thinking about how best to share these in the future. You can either add your name or 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](mailto:england.covid-homeless@nhs.net) Thank you.



## Activity - Old Wives Tales - True or False?

Old wives tales are widely held traditional beliefs that are now thought to be unscientific or incorrect.

Nevertheless, many old wives tales have been scientifically proven to be true! Can you guess which ones?



1. Cracking your knuckles gives you arthritis \_\_\_\_\_
2. Chicken soup makes you better \_\_\_\_\_
3. The Sharper the Blast, the Sooner 'Tis Past \_\_\_\_\_
4. Food with mayonnaise spoils faster \_\_\_\_\_
5. The full moon causes strange behaviour \_\_\_\_\_
6. Chewing gum stays in your stomach for seven years \_\_\_\_\_
7. Cutting nails at night summons ghosts \_\_\_\_\_
8. Eat vegetables while pregnant and the baby will love them later \_\_\_\_\_
9. Fish is brain food \_\_\_\_\_
10. Heartburn while pregnant means the baby will have lots of hair! \_\_\_\_\_
11. If you cross your eyes they may get stuck \_\_\_\_\_
12. A glass of warm milk makes you sleepy \_\_\_\_\_
13. Hydrogen Peroxide treats colds \_\_\_\_\_
14. Sitting on a cold wall gives you piles \_\_\_\_\_
15. Eating bread crusts makes your hair curl \_\_\_\_\_
16. Drink at least eight glasses of water a day \_\_\_\_\_
17. After eating, wait one hour before swimming \_\_\_\_\_
18. Eating lots of carrots turns the skin orange \_\_\_\_\_
19. Red sky at night, shepherd's delight \_\_\_\_\_
20. Counting sheep helps you fall asleep \_\_\_\_\_

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



## Activity - Word Search

### Oceans and Seas

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

OKHOTSK SEA  
 BLACK SEA  
 RED SEA  
 INDIAN OCEAN  
 EAST CHINA SEA  
 BALTIC SEA  
 SEA OF AZOV  
 CARIBBEAN SEA  
 GULF OF MEXICO  
 PACIFIC OCEAN  
 HUDSON BAY  
 NORTH SEA  
 BERING SEA  
 JAPAN SEA  
 DEAD SEA

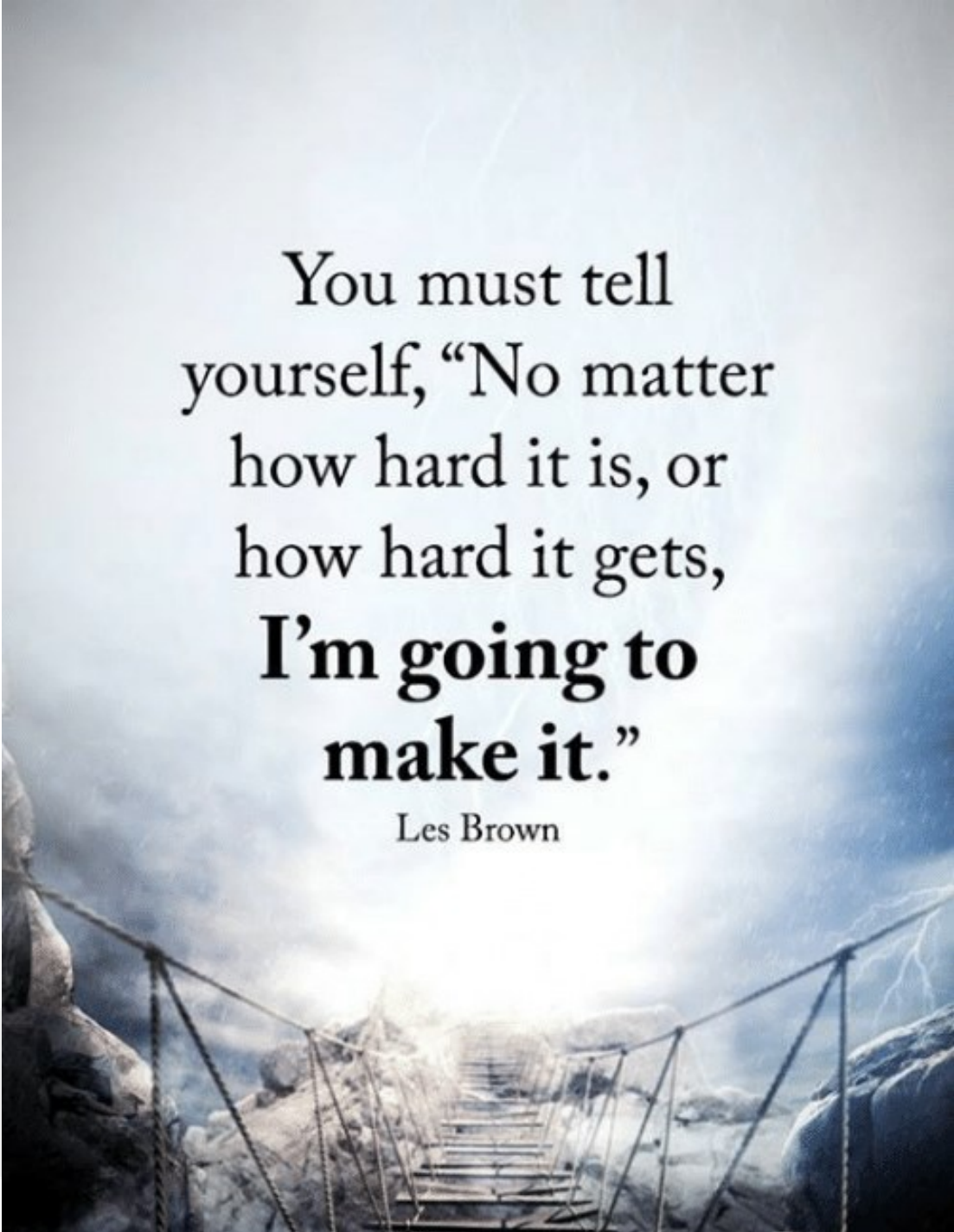


## Activity - Word Wheel

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?



*Thought  
for the Day*

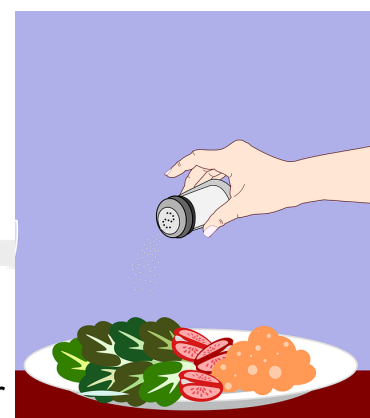
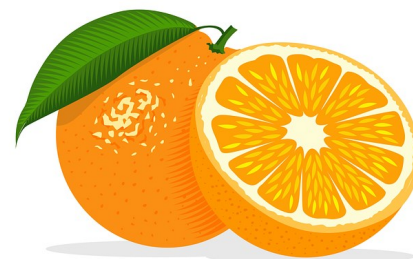


You must tell  
yourself, “No matter  
how hard it is, or  
how hard it gets,  
**I’m going to  
make it.”**

Les Brown

## Quiz 1 - Nutrition - True or False?

1. Fruit juice and baked beans count as one portion of your fruit and vegetable intake.
2. If I eat lots of fruit I don't need to eat any vegetables.
3. Your fruit and vegetable intake must come from fresh fruit and vegetables only.
4. People should consume at least 5 portions of fruit and vegetables per day.
5. Wholegrain bread, beans and lentils are a rich source of fibre.
6. A diet containing an adequate supply of fibre will help prevent constipation, lower blood cholesterol levels and help control blood glucose levels.
7. There is more calcium in a pint of skimmed milk than in a pint of whole milk.
8. Turnips and oranges are a source of calcium.
9. Sunlight is a source of vitamin D.
10. A diet containing an adequate amount of calcium and vitamin D will help prevent against osteoporosis.
11. Red meat is a rich source of iron.
12. Oily fish contains omega 3.
13. Saturated fat is better for you than monounsaturated or polyunsaturated fat.
14. Adults should consume a maximum of 6 grams of salt per day.
15. Excess salt could cause high blood pressure and heart disease.
16. It is recommended that we should drink 6-8 pints of water per day.
17. Physical activity can help reduce the risks of heart disease, stroke, cancer, type 2 diabetes, obesity and osteoporosis.
18. Walking and some household chores is counted as physical activity.



## Health Watch - A quick guide to a healthy mouth from Public Health England

This factsheet provides a summary of the simple steps that adults can take every day to protect and improve their oral health.



### Looking after your mouth

- brush your teeth at least twice a day with fluoride toothpaste containing 1350 – 1500 parts per million fluoride (ppm) fluoride. Brush last thing at night, so that the fluoride continues to protect the teeth while you sleep, and on at least on one other occasion
- your dentist may prescribe toothpaste with a higher fluoride level if you are at particular risk of tooth decay
- brush all surfaces of each tooth carefully and the gum line
- spit out after brushing but do not rinse away the toothpaste as this reduces the effectiveness of the fluoride – spit don't rinse
- choose a toothbrush with a small head and medium-textured bristles, you can use either a manual or electric toothbrush
- if you need support to brush your teeth, toothbrush adaptations are available
- replace your toothbrush regularly, every one to three months or when the bristles are worn
- reduce the amount and number of times you have foods and drinks that contain added sugars
- reduce the amount of sugar-sweetened drinks you consume, such as fizzy and soft drinks and squash
- avoid sugary foods and drinks just before bedtime as the saliva flow in the mouth slows down when you sleep, and can increase the risk of tooth decay

In addition, as part of a daily oral health routine, in addition to brushing, it is important to clean between the teeth using interdental brushes. Some people may not have large enough spaces in between their teeth to use an interdental brush so flossing can be a useful alternative

*Continued ....*

## Health Watch - A quick guide to a healthy mouth

### from Public Health England continued

#### Looking after your gums

- The following risk factors may increase the possibility of developing gum disease or complicate its treatment:
- smoking this increases the risk of gum disease and affects the response to treatment. It can increase the chance of losing your teeth. If you would like help to stop smoking, ask your dental team, they can refer you to the local stop smoking service
- if you have diabetes and have poor sugar control this increases your risk of gum disease, and makes treatment less effective
- some medications can affect gum health and can cause dry mouth or enlarged gums. Always let your dentist know if you are on medication

#### Mouth cancer: how to reduce your risk

The main risk factors for mouth cancer are tobacco and alcohol:

- the combined effect of drinking alcohol and using tobacco multiplies your risk of developing mouth cancer
- do not smoke, or use smokeless tobacco (such as paan, chewing tobacco and gutkha).
- the Chief Medical Officer for England has recommended that you are safest not to drink regularly more than 14 units per week, to keep health risks from drinking alcohol to a low level
- increase your intake of non-starchy vegetables and fruit

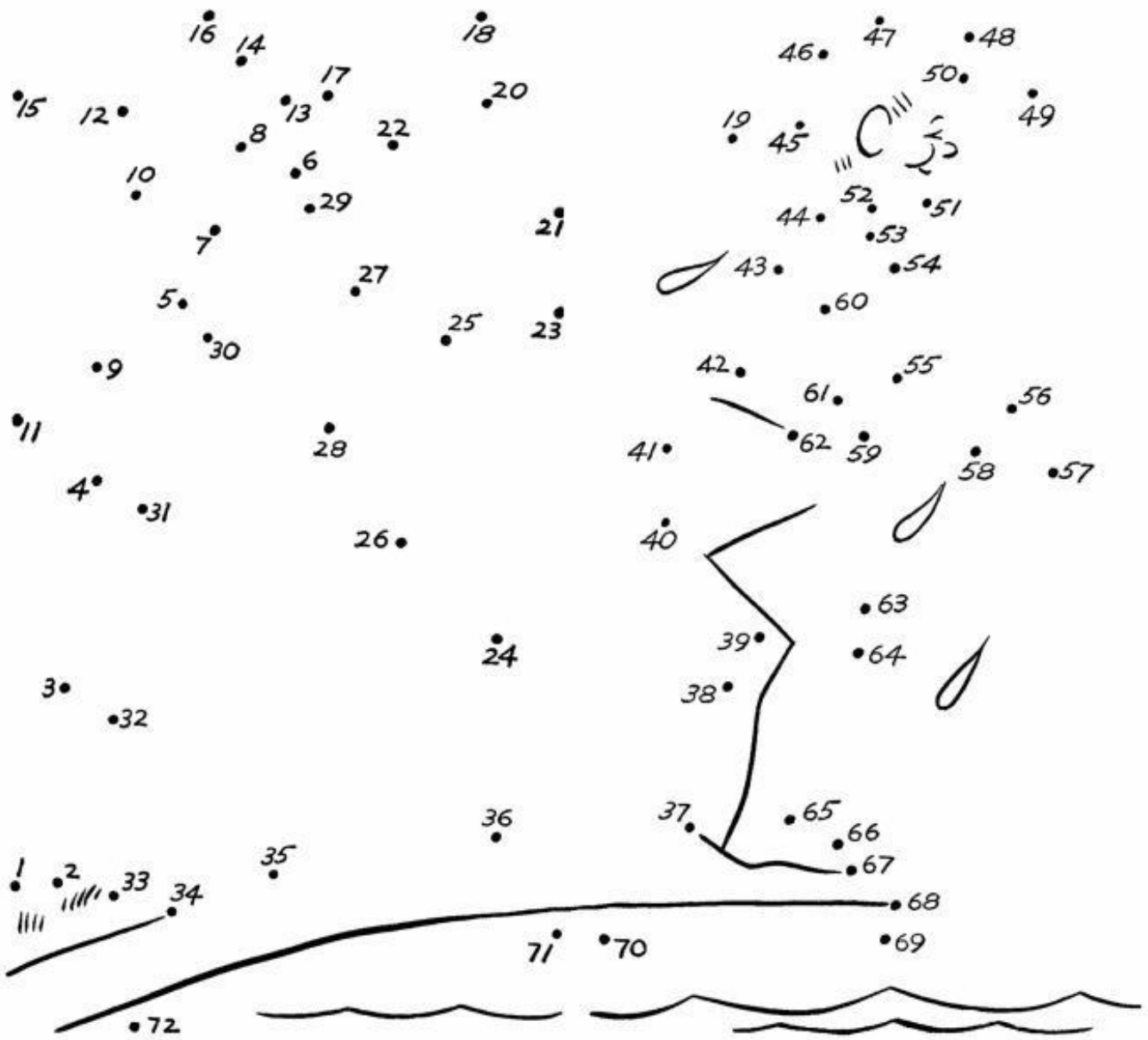
#### Looking after dental implants

The soft tissue (gums) and bone around dental implants are at the same risk of inflammation and gum disease as those around natural teeth. If you have implants you should look after them just like natural teeth:

- clean between and around implants carefully using cleaning aids and tooth-brushes as advised by the dental team
- attend the dentist regularly, as advised for checks of the health of gum and bone around implants

This factsheet provides a summary of the simple steps that adults can take every day to protect and improve their oral health.

# Activity - Dot-to-Dot



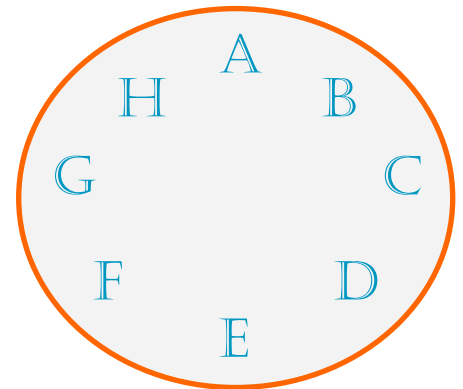
## Quiz 2 - General Knowledge

1. Including the white ball, how many colour varieties are used in a game of snooker?
2. Which body part can be placed before the following words: drum, ache, ring?
3. Which animal comes first in the English dictionary?
4. Which continent has no active volcanoes?
5. What is a group of ravens otherwise known as: a. Constable, b. Crew, c. Collection?
6. In the fairy tale Cinderella, what did Cinderella leave behind as she was leaving the ball?
7. By what name is an orca more commonly known?
8. British stamps are different to any other stamps in the world as they are the only ones to not bear what?
9. Which soft drink did John Pemberton invent?
10. The Old Lady of Threadneedle Street is a nickname for what: a. The London Eye b. The Bank of England c. The Houses of Parliament
11. In which year did the American Civil War start? a. 1861, b. 1858, c. 1874
12. Which country hosted the 2016 Olympics?
13. Which season is the fall be known as in Great Britain?
14. Which American state ends with three vowels?
15. How many Bond themes did Shirley Bassey sing and can you name them?
16. How many days are there in a leap year?
17. Which is the only body organ able to regenerate itself?
18. Tin Lizzie is a nickname for which automobile?
19. What does the German word 'Meister' mean?
20. What are the three primary colours?



## Activity - Anagrams

Can you work out the 4 foods, 4 animals and 2 random words from these anagrams? Tip: re-arranging the letters in a circle makes it easier to see other words.



1. Izazp
2. Osermstn
3. E-rmeccia
4. Kadchdo
5. Aurerhgsbm
6. Ousem
7. Aeilarcptlr
8. Radilamlo
9. Paernpswe
10. Ifeafrg





## Quirky British Customs

When it comes to quirky and unusual traditions, the UK has bucket-loads, from cheese rolling in the Cotswolds to a wife carrying race in Surrey.



*Cheese Rolling in the Cotswolds*

This odd tradition is well known and takes place every year at Cooper's Hill in the Cotswolds. Competitors chase a 9lb round Double Gloucester cheese as it rolls down the incredibly steep hill, which reaches speeds of up to 70mph! So this one is not for the faint-hearted. The winner gets to take home the giant cheese wheel.

Most people will have heard of dancing around the maypole, a tradition that celebrates May Day. When the activity first began, dancers would skip around a decorated tree, whereas now they dance around a pole with ribbons.



*Bog Snorkelling*

Bog snorkelling sounds a little gross, but the tradition has been going since 1976, when it began in Llanwrtyd Wells, Wales. The World Bog Snorkelling Championship has been held there since 1985. To join in the race, competitors must wear snorkels and flippers and swim without using conventional swimming strokes. Would you give it a go?



*World Hen Racing Championship*

The World Hen Racing Championship, takes place annually at the Barley Mow Inn in Bonsall, Derbyshire. Some hen owners now even train their hens for the traditional race, which dates back over 100 years.

continued .....

## Quirky British Customs continued



Nettle Eating Contest

Hosted by the Bottle Inn pub in Marshwood, Dorset every year, this 20-year-old nettle eating contest sees dozens of competitors take part in eating as many nettle stalks as possible within one hour. Winners normally eat around 70ft of nettle stalks! The nettles are said to cause a tingling feeling in the mouth.



Whittlesea Straw Bear Festival

Every January, The Whittlesea Straw Bear Festival takes place, which dates back more than 200 years. The strange festival consists of a performer wearing a five-stone metal and straw bear costume, while parading through the town streets with a troupe of Appalachian and Morris dancers.



Wife Carrying Race

The Wife Carrying Race is held in Dorking, Surrey every March. The sport actually originates from the Viking invasion of 793AD. The tradition wasn't revived in the UK until 2008, but now comes with a friendlier feel. The winner receives £100 and a barrel of ale, while the carrier of the heaviest wife is given a pound of sausage.



The World Gurning Championships

Gurning is a British word meaning to pull a funny facial expression. The World Gurning Championships sets out to crown a contestant who can pull the strangest face of all. The contest takes place every year in Egremont, Cumbria, as part of the town's Crab Fair, which dates back to 1267.

## Quirky British Customs continued



Tar Barl Festival

Carrying barrels of burning tar is the premise behind the Tar Barl Festival, which is a New Year celebration held in Allendale, Northumberland. The tradition is 160 years' old and attracts tourists and locals alike. At the end of the parade, the barrels are thrown on to a waiting bonfire.



Weighing In The Mayor

Weighing in the Mayor sounds a little odd, but it's a tradition that does exactly what it says on the tin. In High Wycombe, it is tradition to literally weigh the Mayor on a large set of scales at the start and end of their term. It is believed the ritual started to ensure that the Mayor didn't live off the fat of the land.



Dancing Around The Maypole

Most people will have heard of dancing around the maypole, a tradition that celebrates May Day. When the activity first began, dancers would skip around a decorated tree, whereas now they dance around a pole with ribbons.

**Activity - Spot the Difference** - there are 12, can you find them?



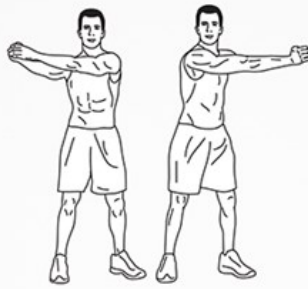
Over the next few issues we will be including some exercises, recommended by NHS Choices, that can easily be done indoors. Try and set aside 20-mins each day to exercise.

# standing abs

repeat 5 times | up to 2 minute rest between sets  
© neilarey.com



20 knee-to-elbows



20 side-to-side chops



10 cross chops



20 high knees



20 twist jumps



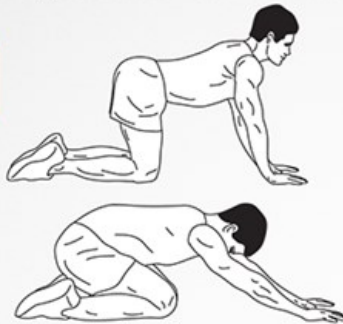
10 side leg raises

# back exercises

HELPS REDUCE LOWER BACK PAIN,  
TENSION, STIFFNESS AND SORENESS

neilarey.com

1



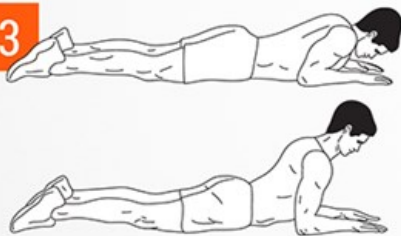
10 bottom to heels stretch

2



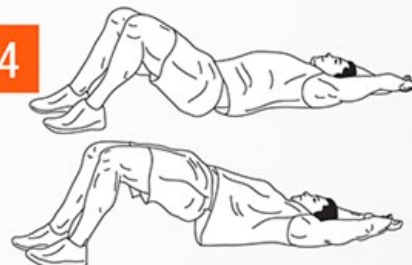
10 opposite arm / leg raises

3



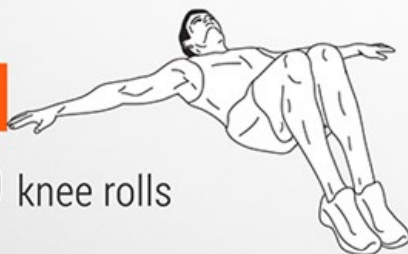
10 back extensions

4



10 bridges

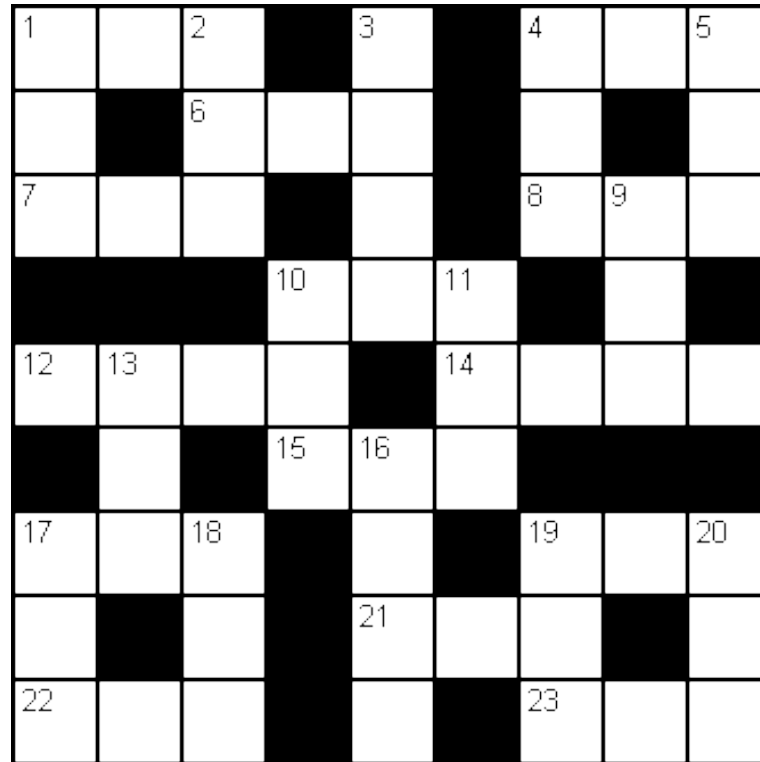
5



10 knee rolls



## Activity - Number Crossword



### ACROSS

- 20 down doubled
- Eight times ninety-four
- Twenty-five squared
- 17 across plus thirty-five
- Five times 7 across
- 9 down times five
- 1 down times seven
- 12 across plus 2320
- Years in eleven decades
- Dozen in nine gross
- 6 across minus fourteen
- Seconds in four minutes
- Degrees in a semi-circle
- Hours in seven days

### DOWN

- 5 down plus ninety-six
- 4 across minus eighty-nine
- Four times 1 across
- 8 across minus eight
- Five times forty-three
- 22 across minus fifty-one
- 10 across plus twenty six
- Minutes in nine hours
- Months in ten years
- Twelve gross
- 15 across plus seventy one
- Months in seven decades
- 19 across minus ten
- 23 across plus twenty

### Quiz 3 - Can you identify the tree?

1.



2.



3.



4.



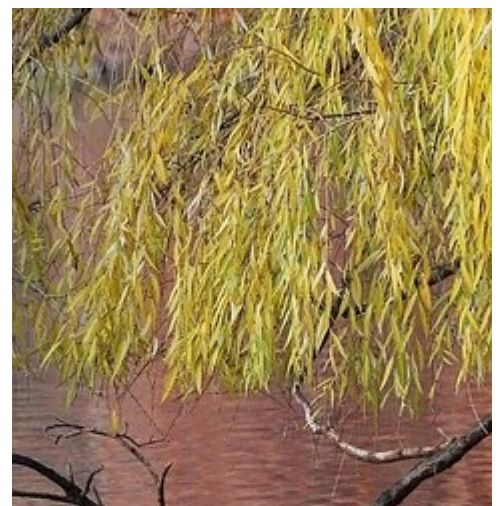
6.



5.



8.



7.





## Activity - Riddles - can you work them out?



1. What has a face and two hands but no arms or legs?
2. What five-letter word becomes shorter when you add two letters to it?
3. What word begins and ends with an 'e' but only has one letter?
4. What has a neck but no head?
5. What type of cheese is made backwards?
6. What gets wetter as it dries?
7. Why did the boy bury his flashlight?
8. Which letter of the alphabet has the most water?
9. What starts with a 'P', ends with an 'E' and has thousands of letters?
10. What has to be broken before you can use it?
11. Why can't a man living in London be buried in Manchester?
12. What begins with T, ends with T and has T in it?
13. How many letters are there in the English alphabet?
14. Which month has 28 days?

Source: [www.funenglishgames.com](http://www.funenglishgames.com)

## Quiz 4 - Beatles' song titles - Anagrams

Can you work out the well-known Beatles' song titles from these anagrams?



1. Hydrating dash (3 words)	
2. Me hit song (1 word)	
3. Lily wore sunbeam (2 words)	
4. Terse hell trek (2 words)	
5. Muteness her echo (4 words)	
6. Hector go meet (2 words)	
7. Faintly he aide (5 words)	
8. Enviously load eel (5 words)	
9. Navy mill log (3 words)	
10. A helium straw (4 words)	
11. Live on tour (1 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.

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

EASY



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

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

MEDIUM



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

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

HARD



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

## Activity - Sudoku

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

EASY



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

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

MEDIUM



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

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

HARD



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

## ANSWERS

### Activity - Old Wives Tales

1. **False** - There is no evidence that cracking your knuckles leads to arthritis.
2. **True** - Scientists have found that chicken soup reduces inflammation by slowing down white blood cell activity responsible for inflammation.
3. **True** - When a storm builds rapidly, it is stronger and faster than when it builds gradually.
4. **False** - On the contrary, it prevents spoilage because of its acidity levels.
5. **True** - For some people - several studies have proven that there are more emergencies on nights with a full moon.
6. **False** - Our digestive system gets rid of it pretty fast.
7. **False** - Nonsense!
8. **True** - What the mother eats is likely to influence the baby's inclinations in the future.
9. **True** - A study in 1914 linked a weekly consumption of baked and broiled fish with "larger grey matter in the brain contributing to better memory".
10. **True** - There is evidence proving it is true: 82% of women with severe heartburn had babies with lots of hair!
11. **False** - Nonsense!
12. **True** - Milk contains an amino acid that when released produces serenity-boosting feelings.
13. **True** - In 1928 German doctor Richard Simmons, M.D. hypothesised that cold and flu viruses commonly enter through the ear canal and hydrogen peroxide could kill the virus. A few drops of 3% hydrogen peroxide in each ear; wait until the bubble noises subside (5 to 10 minutes), drain onto tissue and repeat with the other ear. (Mercola.com)
14. **False** - A chilly bottom does not cause piles!
15. **False** - But eating crusts is good for you! The crusts are generally the most nutritious part!
16. **False** - Hydrating the body can be achieved with most liquids; tea, coffee, juices.
17. **False** - There are no documented cases of drowning from swimming after a meal.
18. **True** - Excess of beta-carotene stored under the skin, can cause skin discoloration.

## ANSWERS

### Activity - Old Wives Tales continued

19. **True** - It means the sun has a high concentration of dust, indicating stable weather.
20. **True** - Visualisation and mental imagery can indeed assist you to nod off.

### Activity - Word Wheel

9 letter word—NAVIGATOR

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

agora, antra, aorta, argon, argot, atria, grain, grant, griot, groan, groat, groin, intro, organ, raita, ratio, riant, riata, tiara, train, vigor (US), virga, angora, rating, ration, raving, roving, trigon, virago, aviator, orating, vagrant, variant.

### Quiz 1 - Nutrition Quiz - True or False?

1. True – fruit juice can only count for one of your 5 portions per day i.e. you can't have 5 glasses of juice and say you have had your 5 a day.
2. False – you need to eat a wide variety of fruit and vegetables for a healthy diet.
3. False – your fruit and vegetable portions can be made up of dried, frozen or tinned fruit and vegetables
4. True
5. True
6. True
7. False – skimmed milk contain less fat but the same amount of calcium
8. False
9. True
10. True
11. True – green leafy vegetables are also a good source of iron
12. True
13. False
14. True
15. True
16. True
17. True
18. True

## ANSWERS

### Quiz 2 - General Knowledge

1. Eight (8) white, yellow, green, brown, blue, pink, red, black
2. Ear
3. Aardvark
4. Australia
5. a. Constable
6. A glass slipper
7. A killer whale
8. The name of the country
9. Coca Cola
10. b. The Bank of England
11. a. 1861
12. Brazil
13. Autumn
14. Hawaii
15. Three (3) - Gold Finger, Diamonds Are Forever, Moonraker
16. 366
17. Liver
18. Model Ford T
19. Master
20. Red, blue, yellow

### Activity - Anagrams

1. Pizza
2. Monsters
3. Ice-cream
4. Haddock
5. Hamburgers
6. Mouse
7. Caterpillar
8. Armadillo
9. Newspaper
10. Giraffe

### Spot the Difference

1. Cloud is missing
2. Part of umbrella is missing
3. Triangle pattern on bucket is missing
4. Centre of starfish is missing
5. Sail on boat is coloured in
6. Stripe on towel is missing
7. Palm tree on cliff has moved
8. Dolphin in water has moved
9. Shell has moved
10. Flag on boat is reversed
11. Surfer is facing opposite direction
12. Tail of iguana on surfboard is different

## ANSWERS

### Activity - Number Crossword

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

### Quiz 3 - Identify the tree

1. Oak
2. Eucalyptus
3. Beech
4. Cedar
5. Maple
6. Sycamore
7. Elm
8. Willow

### Activity - Riddles

1. A clock
2. Short
3. Envelope
4. A bottle
5. Edam
6. A towel
7. Because the batteries died
8. The C
9. The Post Office
10. An egg
11. Because he's still alive
12. A teapot
13. There are 18: 3 in THE, 7 in ENGLISH and 8 in ALPHABET

### Quiz 4 - Beatles' song title anagrams

1. Hard days night
2. Something
3. Yellow Submarine
4. Helter Skelter
5. Here comes the sun
6. Come together
7. A day in the life
8. All you need is love
9. All my loving
10. I am the walrus
11. Revolution



# ANSWERS

## Activity - Sudoku

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

EASY



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

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

MEDIUM



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

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

HARD



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

## Activity - Sudoku

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

EASY



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

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

MEDIUM



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

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

HARD



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