

'food for thought'

Issue 4

Your Distraction Pack



Welcome to the **4th** 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 29!



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



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.

Have your say!



We want to hear about your experiences during COVID-19

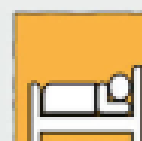
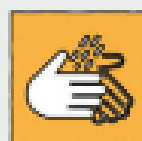
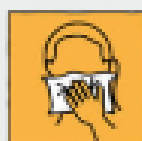
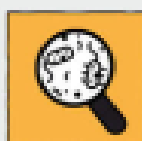
Groundswell are working with NHS England to understand the impact of COVID-19 on people who are homeless. This will help to inform how the NHS and other services respond to COVID-19 for people who are homeless.

If you are street homeless, living in a hotel, hostel or 'sofa surfing' we want to hear from you.

Text this number to get in touch.

07476552438

You can share your story confidentially and anonymously. You will be charged your usual rate for texts. When you contact us you will be given phone credit to cover cost of data and text messages.



Groundswell is a charity that works with people who are homeless to create solutions to homelessness.

You can find out more about the project and view information and advice at www.groundswell.org.uk

Please note that we are not able to provide advice or support through the above number.

Groundswell

Out of homelessness

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.



The logo for 'Thought for the Day' is a stylized thought bubble containing the words 'Thought for the Day' in a cursive script.

It takes nothing to
join the crowd. It takes
everything
to stand alone.

-Hans F. Hansen



Activity - Colouring

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



Activity – Codeword

Each letter in this puzzle is represented by a number 1-26. Can you crack the code and solve the crossword? Every letter of the alphabet is used at least once. Three letters are already in place to get you started.

	7	9	19	13	9	3		6	14	6	22	3
25		20		18		16		9		10		15
10	5	26	19	17		6	3	10	10	17		5
1		17		10		3		15		4		24
	7	12	3	10	24	3		18	14	20	6	22
14		3				13		5				3
6	9	13	8	3	10		7	24	18	3	3	24
23				16		14				16		7
9	20	11	5	15		24	18	17	9	15	3	
14		3		10		24		15		17		2
5		19	18	14	21	3		24	18	9	6	3
20		18		5		20		5		20		24
24	18	14	5	20		13	3	6	5	13	3	

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26








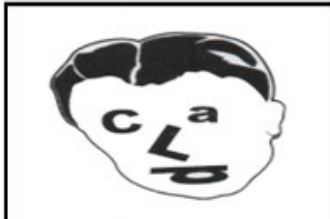





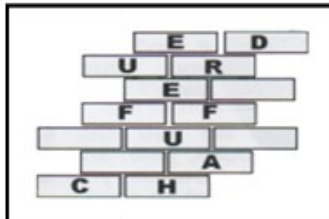
Do you need some help while self-isolating?

If you need a hand with collecting shopping or prescriptions, or just want someone to talk to, our NHS Volunteer Responders are here to help.

Call **0808 196 3646** or visit nhsvolunteerresponders.org.uk

Activity - Dingbats

From the images below try and figure out the well-known phrase or saying.

			
01	02	03	04
			
05	06	07	08
			
09	10	11	12



Quiz 1 - General Knowledge

1. Aloysius is Lord Sebastian Flyte's beloved teddy bear in which 1945 novel?
2. In which year did the Vietnam War end?
3. What costing 37 pence, was abolished in 1987?
4. Which household cleaning brand 'Loves the jobs you hate'?
5. Narrow boats built for Britain's inland waterways are limited to what width:
 - (a) 6feet 10inches
 - (b) 7feet 10inches
 - (c) 8feet 10inches
6. In which modern day American state did the Battle of the Little Bighorn take place in 1876?
7. What can a polyglot do?
8. How many squares run along each length of a scrabble board?
9. In banking, what do American's call a current account?
10. In the film industry what does CGI stand for?
11. The Beatles give their first live US television performance on which American show?
12. Which treaty, signed in 1783, ended the American Revolutionary War?
13. Taller than Nelson's Column, *Aspire* is a work of art on which British University's campus?
14. Ned Maddrell died in 1974 - he was the last remaining native speaker of which language?

Activity - Tool Box Memory

I remember



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.



Mind

Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)

Website: www.mind.org.uk

No Panic

Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.

Phone: 0844 967 4848 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's Access Charge

Website: www.nopanic.org.uk

PAPYRUS

Young suicide prevention society.

Phone: HOPELINEUK 0800 068 4141 (Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends and bank holidays)

Website: www.papyrus-uk.org

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

Quiz 2 - Animal Collective Nouns

Here is a list of nouns used to describe a group of animals. Can you match the animal with the collective noun?

Nest

Bevy, game or wedge

Barrel or a troop

Cackle

Army

Conspiracy

Stand

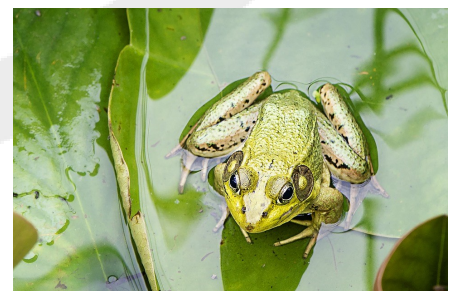
Business

Swarm

Drove

School

Tower



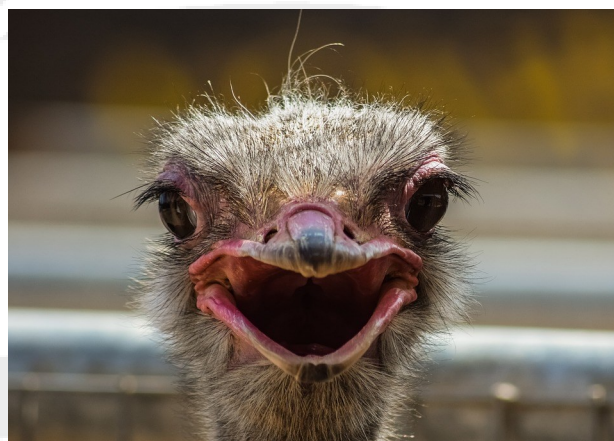
An extraordinary bird - the Ostrich



- The flightless ostrich is the world's largest bird.
- Ostriches have three stomachs.
- Ostriches are the fast runners of any birds or other two-legged animal and can sprint at over 70 km/hr, covering up to 5m in a single stride.
- Ostriches' running is aided by having just two toes on each foot (most birds have four), with the large nail on the larger, inner toe resembling a hoof.
- Ostriches' wings reach a span of about 2 metres and are used in mating displays, to shade chicks, to cover the naked skin of the upper legs and flanks to conserve heat, and as "rudders" to help them change direction while running.
- When threatened ostriches run, although their powerful, long legs can be formidable weapons, capable of killing a human or a potential predator like a lion with a forward kick.
- Ostriches normally spend the winter months in pairs or alone and during breeding season and sometimes during extreme rainless periods they live in nomadic 'herds' of five to 50 birds led by a top hen, that often travel together with other grazing animals, such as zebras or antelopes.
- Territorial fights between males for a harem of two to seven females usually last just minutes, but they can easily cause death through slamming their heads into opponents.

Facts about the Ostrich continued

- All of the herd's hens place their eggs in the dominant hen's 3m-wide nest, though her own are given the prominent centre place; each female can determine her own eggs amongst others.
- The giant eggs are the largest of any living bird at 15cm long and weighing as much as two dozen chicken eggs, though they are actually the smallest eggs relative to the size of the adult bird.
- The eggs are incubated by the dominant female by day and by the male by night, using the colouration of the two sexes to escape detection of the nest, as the drab female blends in with the sand, while the black male is nearly undetectable in the dark.
- When the eggs hatch after 35 to 45 days incubation, the male usually defends the hatchlings and teaches them to feed, although males and females cooperate in rearing chicks.
- Contrary to popular belief, ostriches do not bury their heads in the sand: the myth probably originates from the bird's defensive behaviour of lying low at the approach of trouble and pressing their long necks to the ground in an attempt to become less visible. Their plumage blends well with sandy soil and, from a distance, gives the appearance that they have buried their heads in the sand.
- In some African countries, people race each other on the back of ostriches with special saddles, reins and bits.
- The wild ostrich population has declined drastically in the last 200 years, with most surviving birds in game parks or on farms.
- Lacking teeth, ostriches swallow pebbles to grind their food. An adult ostrich carries about 1kg of stones at any one time.
- Ostriches can go without drinking for several days, using metabolic water and moisture in ingested roots, seeds and insects, but they enjoy liquid water and frequently take baths where it is available.
- The ostrich has the largest eye of any land animal, measuring almost 5 cm across, allowing predators such as lions to be seen at long distances.



Source: onekindplanet.org

Activity - Spot the Difference - can you find the 12 differences?



www.comparolpuzzles.com © 2001 Bonnie J. Malcolm



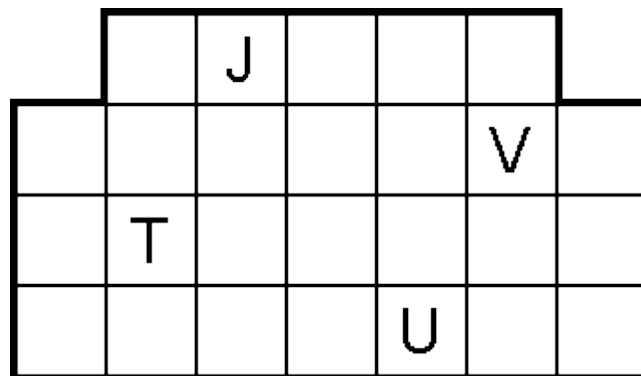
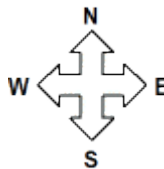
Activity - Alpha-Griddle

Look at the puzzle grid below and use your compass directions to find the correct locations for the missing letters of the alphabet. When you have completed the grid, see if you can discover the hidden city, country, river or mountain.

Note:

North or south means any location along the same column.

East or west means any location along the same row.



Directions:

A is south of E: D is south of V

B is north of T and west of E

C is west of Y and south of G

E is west of S and south of J

F is west of O: G is east of P

H is east of J and north of O

I is east of U: W is east of B

L is south of B: M is north of Y

N is north of U: O is east of A

P is north of T: Q is west of V

R is west of C: Z is north of F

S is east of V and north of I

K is south of J and east of T

Y is east of T and south of V

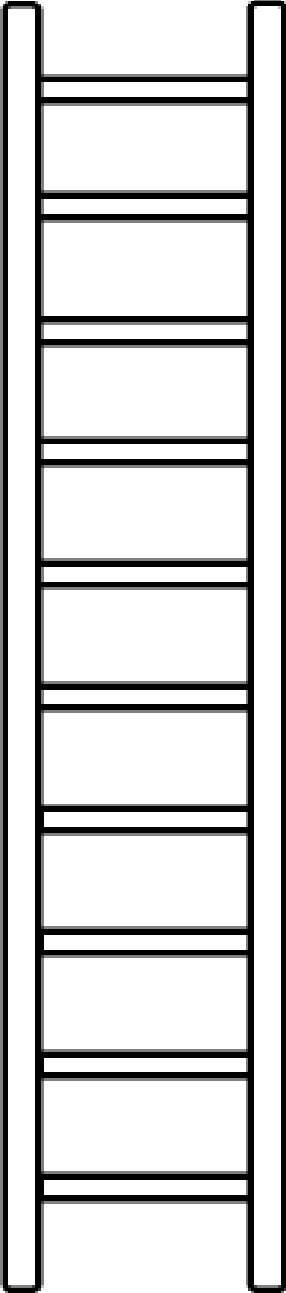
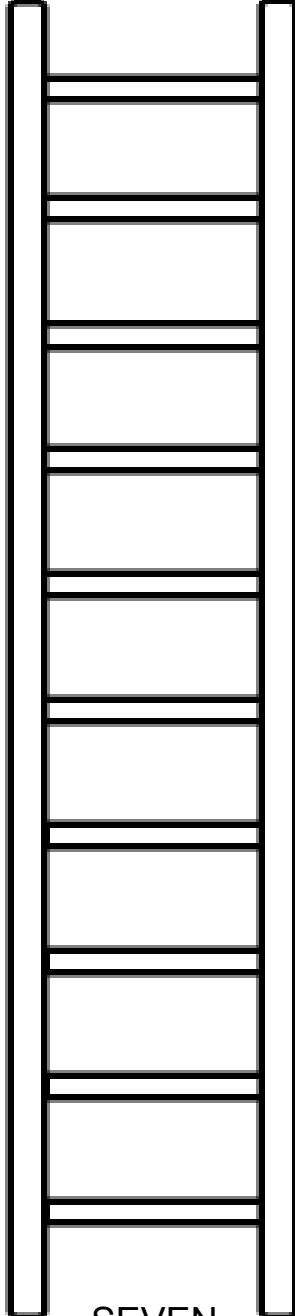
Activity - Colouring

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.

GREAT		THREE
		
	Delicacy	Hurled
	Temple	Small mammal
	Type of chord	Tatter
	Test	Fathered
	Warble	Located
	Kind of weave	Gorged
	Slops	Salvaged
	Static	Rescuer
	Kiosk	Cut
SMALL		SEVEN

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. These can be done sitting on any chair.

Chair Exercises

WORKOUT @ darebee.com

3 sets | up to 2 minutes rest between sets

www.nhs.uk **NHS** choices



20 chest expansions



20 side arm raises



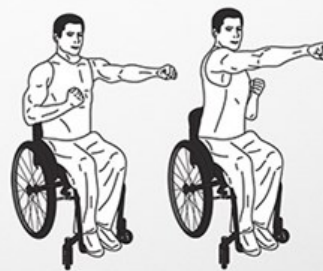
10 dives



10 raised arm circles
5 clockwise / 5 counterclockwise



20 overhead punches



20 punches

pillow workout

repeat 5 times | up to 2 minute rest between sets

@ neilarey.com



20 pillow presses



10 pillow squats



10 pillow high knees

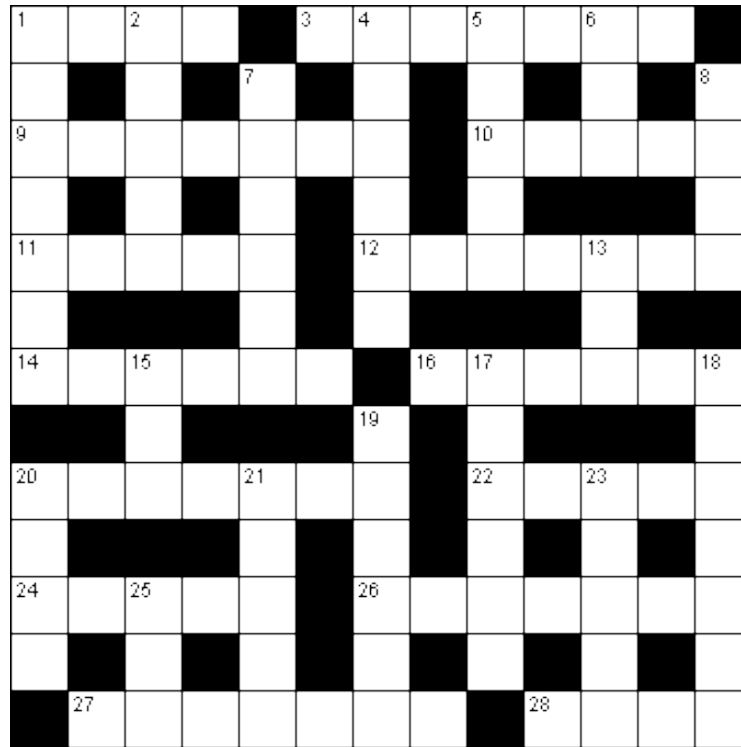


20 pillow strikes



20 pillow lunges

Activity - Catchword - Complete the well-known saying to fill in the crossword



ACROSS

1. Ain sheep's clothing (4)
3. Snakes and (7)
9. One good turn deserves (7)
10. Day and (5)
11. Less more speed (5)
12. Aided and (7)
14. From rags to (6)
16. No man is an (6)
20. A audience (7)
22.and uncles (5)
24. Influence (5)
26. and lightning (7)
27. Act in haste, repent at (7)
28. A end job (4)

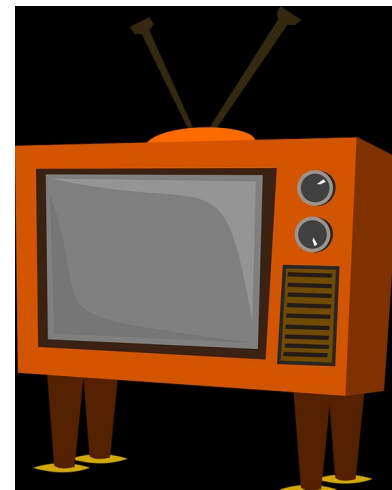
DOWN

1. Under the (7)
2. If could kill (5)
4. At home and (6)
5. Song and man (5)
6. Like a red ... rag to a bull (3)
7. Say! (6)
8. poker (4)
13. and sympathy (3)
15. and saucer (3)
17. The quo (3)
18. To achieve the effect (7)
19. A red day (6)
20. Join the (4)
21. Any more bright? (5)
23. A and a wink (5)
25. Do or (3)

Quiz 3 - Sitcoms

We have removed the vowels of these well known Sitcoms. Can you name them? The number in brackets is the number of words in each name.

1. LSTFTHSMMRWN (5)
2. NLYFLSNDHRSS (4)
3. HDH (3)
4. LLLL (2)
5. PNLLHRS (3)
6. DDSRMY (2)
7. RYBNGSRVD (4)
8. THFFC (2)
9. SMMTHRSDVM (5)
10. STPTNDSN (3)
11. PRRDG (1)
12. GVNNDSTCY (3)
13. BSLTLYFBLS (2)



Activity - Word Search

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

ALSTROEMERIA
 AMARYLLIS
 ANTHURIUM
 ASTER
 BABY'S BREATH
 BELL FLOWER
 BIRD OF PARADISE
 BOUVARDIA
 CALLA
 CARNATION
 CHRYSANTHEMUM
 CLEMATIS

CORNFLOWER
 DAFFODIL
 DAISY
 DELPHINIUM
 FORGET-ME-NOT
 FOXGLOVE
 FREESIA
 FUCHSIA
 GERANIUM
 GERBERA
 GINGER
 GLADIOLUS

GOLDEN ROD
 HEATHER
 HOLLYHOCKS
 HYACINTH
 HYDRANGEA
 IRIS
 LAVENDER
 LILAC
 LILY
 LISIANTHUS
 MARIGOLD
 ORCHID

PANSY
 PEONY
 PETUNIA
 ROSE
 SNAPDRAGON
 STATICE
 STOCK
 SUNFLOWER
 TULIP
 VIOLET
 YARROW

Activity - Sudoku

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

EASY



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

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

MEDIUM



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

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

HARD



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

Activity - Sudoku 2 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.

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

EASY



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

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

MEDIUM



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

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

HARD



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

ANSWERS

Activity - Codeword

	7	9	19	13	9	3		6	14	6	22	3
	S	U	B	D	U	E		C	A	C	H	E
25		20		18		16		9		10		15
F		N		R		X		U		L		P
10	5	26	19	17		6	3	10	10	17		5
L	I	M	B	O		C	E	L	L	O		I
1		17		10		3		15		4		24
Y		O		L		E		P		W		T
	7	12	3	10	24	3		18	14	20	6	22
	S	V	E	L	T	E		R	A	N	C	H
14		3				13		5				3
A		E				D		I				E
6	9	13	8	3	10		7	24	18	3	3	24
C	U	D	G	E	L		S	T	R	E	E	T
23				16		14				16		7
Q				X		A				X		S
9	20	11	5	15		24	18	17	9	15	3	
U	N	Z	I	P		T	R	O	U	P	E	
14		3		10		24		15		17		2
A		E		L		T		P		O		J
5		19	18	14	21	3		24	18	9	6	3
I		B	R	A	K	E		T	R	U	C	E
20		18		5		20		5		20		24
N		R		I		N		I		N		T
24	18	14	5	20		13	3	6	5	13	3	
T	R	A	I	N		D	E	C	I	D	E	

1	2	3	4	5	6	7	8	9	10	11	12	13
Y	J	E	W	I	C	S	G	U	L	Z	V	D
14	15	16	17	18	19	20	21	22	23	24	25	26
A	P	X	O	R	B	N	K	H	Q	T	F	M

Activity - Dingbats

- Bury the hatchet
- Green with envy
- I only have eyes for you
- Losing your marbles
- A pair of pants
- Face like thunder
- A fly in the ointment
- Man of the moment
- Good for nothing
- A cut above the rest
- Time on your hands
- Driven up the wall

Quiz 1 - General Knowledge

- Brideshead Revisited
- 1975
- Dog licenses
- Mr Muscle
- 6feet 10inches
- Montana
- Speak multiple languages
- 15
- Checking account
- Computer-generated imagery
- The Ed Sullivan Show
- Treaty of Paris
- University of Nottingham
- Manx

ANSWERS

Quiz 2 - Animal Collective Nouns

- | | | |
|--|-------------------------|-----------------------|
| 1. Snakes: a nest | 4. Hyenas: a cackle | 9. Bees: a swarm |
| 2. Swans: a bevy or a game (if in flight: a wedge) | 5. Frogs: an army | 10. Donkeys: a drove |
| 3. Monkeys: a barrel or a troop | 6. Lemurs: a conspiracy | 11. Fish: a school |
| | 7. Flamingos: a stand | 12. Giraffes: a tower |
| | 8. Ferrets: a business | |

Activity - Spot the difference

- | | |
|---|----------------------------------|
| 1. Line on man's right shoe missing | 7. Post on sign is coloured in |
| 2. Circle on shoe missing | 8. Plaster on leg moved |
| 3. Line under dog's nose missing | 9. Group of trees moved |
| 4. Line on bottom of man's shoe missing | 10. Tail on dog is facing down |
| 5. Man's watch is black | 11. Pocket on shorts is longer |
| 6. Dot on skirt is coloured in | 12. Women's trousers are shorter |

Activity - Alpha Griddle

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

Activity - Word Ladders

GREAT, TREAT, TREAD, TRIAD, TRIAL, TRILL, TWILL, SWILL, STILL, STALL, SMALL
THREE, THREW, SHREW, SHRED, SIREN, SITED, SATED, SAVED, SAVER,
SEVER, SEVEN

ANSWERS

Activity - Catchword

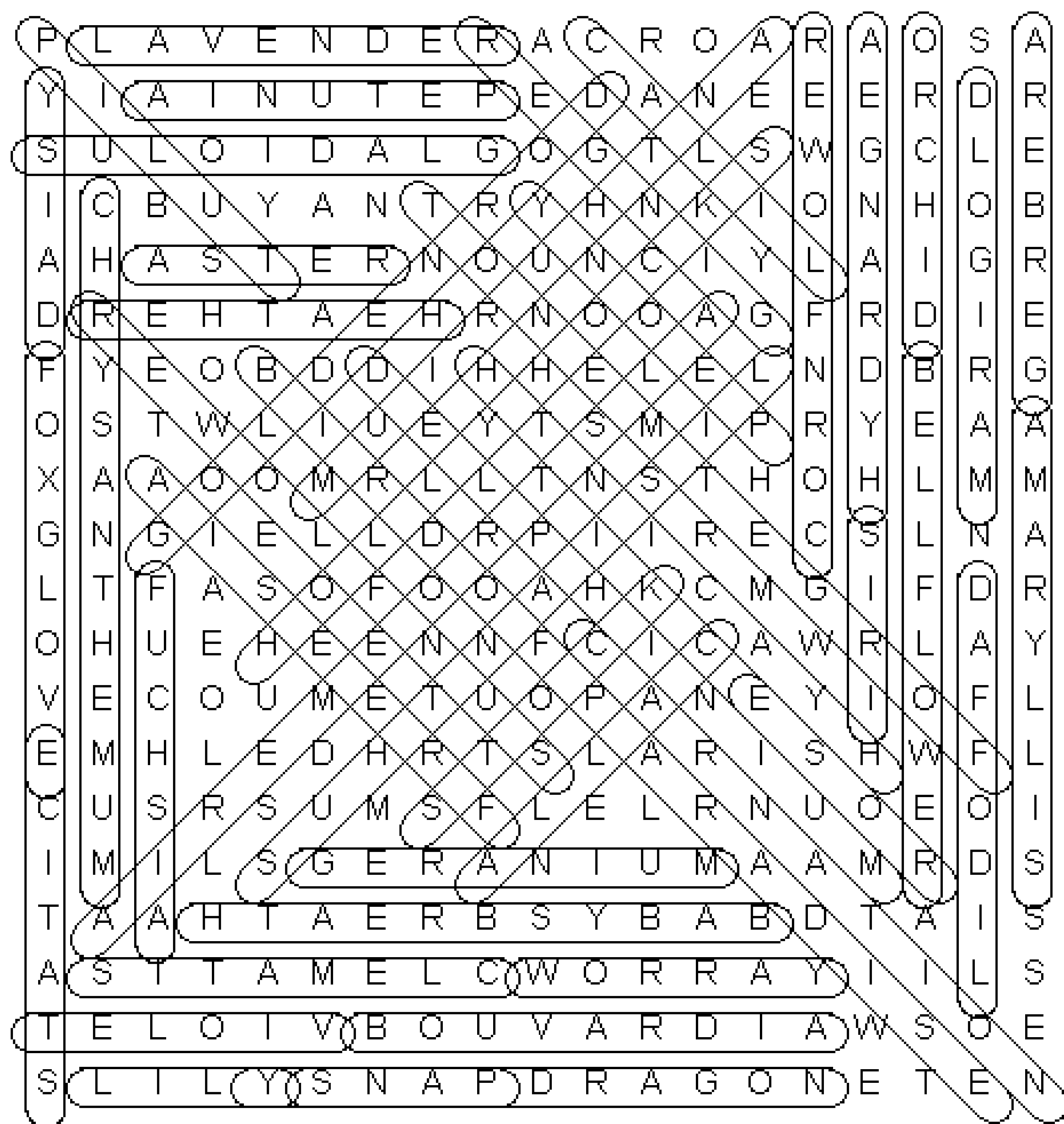
W	O	L	F		L	A	D	D	E	R	S	
E		O		C		B		A		A		S
A	N	O	T	H	E	R		N	I	G	H	T
T		K		E		O		C				U
H	A	S	T	E		A	B	E	T	T	E	D
E				S		D				E		
R	I	C	H	E	S		I	S	L	A	N	D
		U				L		T				E
C	A	P	T	I	V	E		A	U	N	T	S
L				D		T		T		U		I
U	N	D	U	E		T	H	U	N	D	E	R
B		I		A		E		S		G		E
	L	E	I	S	U	R	E		D	E	A	D

Quiz 3 - Sitcoms

1. Last of the summer wine
2. Only fools and horses
3. Hi-Di-Hi
4. Ello 'Ello
5. Open all hours
6. Dad's Army
7. Are you being served?
8. The Office
9. Some mothers do 'ave 'em
10. Steptoe and son
11. Porridge
12. Gavin & Stacey
13. Absolutely Fabulous

ANSWERS

Word Search - Flowers



ANSWERS

Activity - Sudoku

EASY



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

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

MEDIUM



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

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

HARD



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

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

ANSWERS

Activity - Sudoku 2

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

EASY



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

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

MEDIUM



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

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

HARD



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