

'food for thought'

Issue 5

Your Distraction Pack



Welcome to the 5th issue of 'food for thought', your distraction pack.

Dictionary definition of

distrá'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 we 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 32!

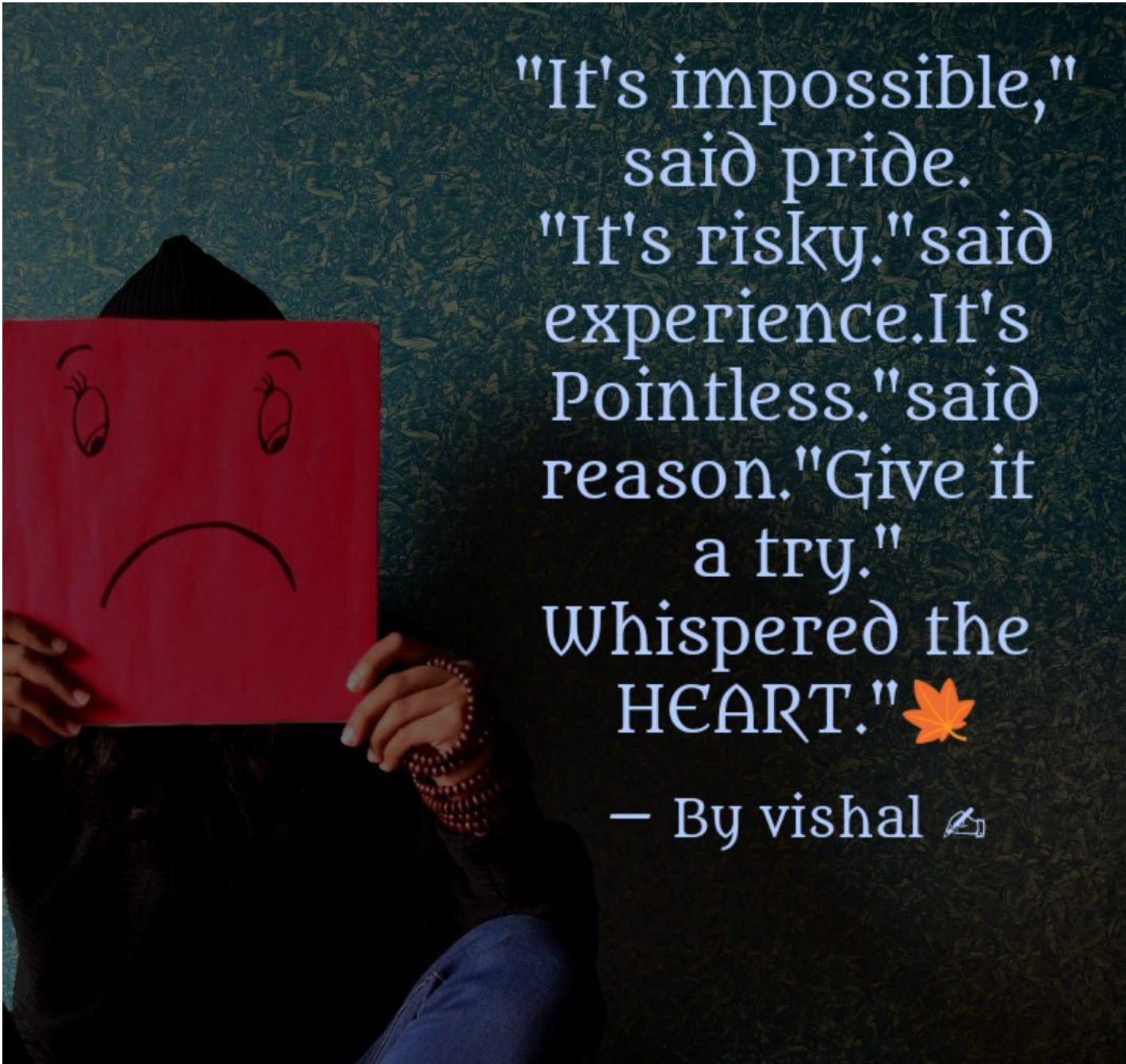


Having supported older individuals with convictions (in prisons and the community) for over ten years, RECOOP, part of the BCHA Family, recognises the importance of keeping active, both physically and mentally. Our Distraction Packs, 'food for thought' were created with that in mind. www.recoop.org.uk



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

*Thought
for the Day*



"It's impossible,"
said pride.
"It's risky." said
experience. It's
Pointless." said
reason. "Give it
a try."
Whispered the
HEART." 🍁

— By vishal ✍️

Self-isolating Top Tips:



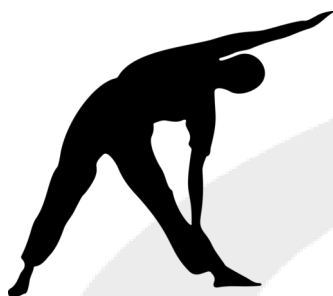
- Try and change your daily routine as much as is possible.



- 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.

Activity - Colouring

If you don't have coloured pencils try 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.

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

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

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 - Anagrams

The following are all Sitcoms (past and present)
- can you work them out? You might find it helps if you write out the letters in a circle.

1. Menu Doubter
2. Enter the Newbies
3. The Bored Affairs
4. Advancing Yeast
5. Touting Goon
6. Torched Wit
7. Coffee Hit
8. Theft Dare
9. Drained Lines
10. Botched Evil Fairy



Source: readymadepubquiz.com

Quiz 1 - Science & Nature







1. Which two metals make up brass?
2. What does a normal Human Being have 206 of?
3. Which colour is at the top of a rainbow?
4. What is the name of the lowermost portion of the earth's atmosphere, where clouds occur?
5. Which element has the chemical symbol U?
6. What is measured by Moh's Scale?
7. What is the boiling point of water in Fahrenheit?
8. Which machine was invented by the German Wilhelm Rontgen in 1895?
9. What is made by a Bessemer converter?
10. Which chemical has the atomic number one?
11. Which Scottish engineer was the first to use horsepower?
12. Which archaic imperial unit of measure is equivalent to 54 gallons?
13. Which Branch of Science is the study of sound?
14. Which Piece of science history was created at the Roslin Institute in Scotland on 5th July 1996?
15. What is the smallest irreducible constituent of a chemical element known as?
16. A Jacaranda is a type of what?
17. Which type of bat can be common, white-winged or hairy-legged?
18. The Komodo Dragon is native to which country? *(Photo National Geographic)*



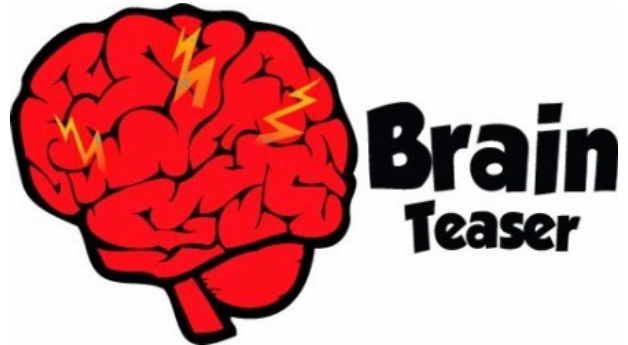
Activity – Dingbats

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

	<p>DIPPER</p>	<p>AID AID AID </p>	<p>MILONELION</p>
01	02	03	04
<p>123,....,39 39,40 LIFE</p>	<p>W E S T</p>		<p>MD PHD BSC</p>
05	06	07	08
<p>LOST LOST LOST LOST </p>	<p>ABCDEFGHIJK LMNOPQRSTV WXYZ</p>	<p>UP 8</p>	<p>HAMLET WIN WIN</p>
09	10	11	12



Quiz 2 - Brain Teaser



1. Seven years ago, my sister was twice the age I was then plus two years making her thirty-two, the combined age of us two years ago was fifty-seven, how old am I now?
2. Which of the following words is a palindrome: yacht, airplane, racecar, train?
3. If some cats are independent and no independent cat is affectionate then which of the following statements is true:
 - A. Some cats are not affectionate
 - B. Some cats are affectionate
4. Which former Great British prime minister is an anagram of 'random advice'?
5. Which is the odd one out: Length, Millimetre, Yard, Metre?
6. Mia and Tilly have the same amount of sweets each. How many sweets should Mia give Tilly so that she has four sweets more?
7. Which letter should appear next in the following sequence: Z B Y D X F W H ?
8. True or false: the following words correspond to the following number sequence: car, spider, hexagon, unlucky = 4, 8, 5,13
9. If the word EWE is written above the word ZOO and the word TOE is written above the word EWE, would the number TWO appear diagonally?
10. MELON is to ENMOL as 83425 is to?
11. The word 'ISPISISPSMI' is an anagram of a what: plant, ancient wonder, river, sea creature or sporting event?
12. You have a journey of 650 miles to make. A full tank of petrol permits you 310 miles. You have exactly half a tank of petrol when you leave and the nearest petrol station is 10 miles away. What is the least amount of times that you will you need to visit a petrol station during this journey?

Quiz 2 - Brain Teaser continued



13. Unscramble the following words to create five country capitals:
DAMDIR JEIGINB NAVAHA SLOO MOTSHLOCK
14. True or false: your left hand glove will fit your right hand if you turn it inside out?
15. If David travels one mile north, two miles west, one mile north, one mile east, three miles south, one mile east, how far will he be from his starting point?
16. Which of the following words is most associated with the word 'intermittent':
continuous, irregular, repetitive, consistent?
17. What type of chatter is an anagram of ACTVIEROSONN?
18. Fill in the missing letters to find five words directly linked to the following:
TIMES = M _ _ _ _ _ _ _ _ TION
ENLARGE = M _ _ _ _ _ _ _ _ TION
LEARN = E _ _ _ _ TION
PICTURE = I _ _ _ _ _ _ _ _ TION
REASON = E _ _ _ _ _ _ TION
19. My friend says she has two coins in her pocket totalling £2.05 and that one is not a £2 coin. Is this possible?
20. What month was last month if February is in three months?

Fascinating facts about Planet Earth

- Sea levels on Earth would rise about 60m (200ft) if all the ice in Antarctica were to melt.
- Earth's magnetic north pole is moving north about 10 miles per year. Eventually, Earth's magnetic poles will switch.
- Earth's longest mountain range is actually underwater. Called the mid-ocean ridge system, it stretches over 80,000 km all round the world. It is almost 20 times longer than the longest range on the surface, which is the Andes Mountains. The entire ridge is completely volcanic.
- Without the moon, Earth would still have wild changes in climate and be uninhabitable. The stabilizing tug of the moon tempers Earth, resulting in the minor tip that causes summer and winter seasons.
- Earth has about seven quintillion, five hundred quadrillion grains of sand. Still, the known universe contains 70 thousand million, million, million stars in the observable universe, which means there about 10,000 stars for every grain of sand.



What does a billion grains of sand look like? If you picture a cube that is 1 foot wide in each direction, that holds about a billion grains of sand.

- Earth is the only planet in our solar system not named after a Greek or Roman deity.
- Just .0003% of the Earth's water can be used by humans.
- The driest place on earth is Chile's Atacama Desert. Rain has never been recorded in parts of the desert.
- Although the Sun is considered to be an average-sized star, 1 million Earths could fit inside.
- Every day, between 10 and 20 volcanoes are erupting somewhere on Earth. However, the chances of them all erupting at once is almost impossible.



Atacama Desert—Photo National Geographic



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

Quiz 3 - Catchphrases

Which well known celebrity (past or present) is known for saying

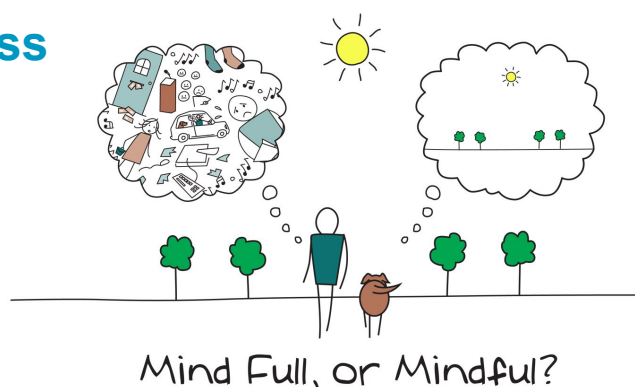


1. "A real bobby-dazzler."
2. "I mean that most sincerely, folks."
3. "Shut that door!"
4. "Just like that."
5. "I've started so I'll finish."
6. "What's your name and where do you come from?"
7. "...and on that bombshell..."
8. "Let's hear your buzzers."
9. "Which is better... There's only one way to find out... fight!"
10. "Bear with, bear with..."

Health Watch Mindfulness

What is mindfulness?

Professor Mark Williams, former director of the Oxford Mindfulness Centre, says that mindfulness means knowing directly what is going on inside and outside ourselves, moment by moment.



"It's easy to stop noticing the world around us. It's also easy to lose touch with the way our bodies are feeling and to end up living 'in our heads' – caught up in our thoughts without stopping to notice how those thoughts are driving our emotions and behaviour," he says.

"An important part of mindfulness is reconnecting with our bodies and the sensations they experience. This means waking up to the sights, sounds, smells and tastes of the present moment. That might be something as simple as the feel of a banister as we walk upstairs.

Another important part of mindfulness is an awareness of our thoughts and feelings as they happen moment to moment.

It's about allowing ourselves to see the present moment clearly. When we do that, it can positively change the way we see ourselves and our lives."

How mindfulness helps mental wellbeing

Becoming more aware of the present moment can help us enjoy the world around us more and understand ourselves better.

When we become more aware of the present moment, we begin to experience afresh things that we have been taking for granted.

"Mindfulness also allows us to become more aware of the stream of thoughts and feelings that we experience," says Professor Williams, "and to see how we can become entangled in that stream in ways that are not helpful.

This lets us stand back from our thoughts and start to see their patterns. Gradually, we can train ourselves to notice when our thoughts are taking over and realise that thoughts are simply 'mental events' that do not have to control us.

Most of us have issues that we find hard to let go and mindfulness can help us deal with them more productively. We can ask: 'Is trying to solve this by brooding about it helpful, or am I just getting caught up in my thoughts?'

Awareness of this kind also helps us notice signs of stress or anxiety earlier and helps us deal with them better."

Health Watch



Mindfulness continued

How to be more mindful

Reminding yourself to take notice of your thoughts, feelings, body sensations and the world around you is the first step to mindfulness.

Notice the everyday

"Even as we go about our daily lives, we can notice the sensations of things, the food we eat, the air moving past the body as we walk," says Professor Williams. "All this may sound very small, but it has huge power to interrupt the 'autopilot' mode we often engage day to day, and to give us new perspectives on life."

Keep it regular

It can be helpful to pick a regular time during which you decide to be aware of the sensations created by the world around you.

Watch your thoughts

"Some people find it very difficult to practice mindfulness. As soon as they stop what they're doing, lots of thoughts and worries crowd in," says Professor Williams. "It might be useful to remember that mindfulness isn't about making these thoughts go away, but rather about seeing them as mental events."

Imagine standing at a bus station and seeing 'thought buses' coming and going without having to get on them and be taken away. This can be very hard at first, but with gentle persistence it is possible.

Some people find that it is easier to cope with an over-busy mind if they are doing gentle yoga or walking."

Name thoughts and feelings

To develop an awareness of thoughts and feelings, some people find it helpful to silently name them: "Here's the thought that I might fail that exam". Or, "This is anxiety".

Free yourself from the past and future

You can practise mindfulness anywhere, but it can be especially helpful to take a mindful approach if you realise that, for several minutes, you have been "trapped" in reliving past problems or "pre-living" future worries.





How to Practice Mindfulness

1

Take a seat. Find a place to sit that feels calm and quiet to you.

2

Set a time limit. If you're just beginning, it can help to choose a short time, such as 5 or 10 minutes.

3

Notice your body. You can sit or kneel however is comfortable for you. Just make sure you are stable and in a position, you can stay in for a while.

4

Feel your breath. Follow the sensation of your breath as it goes out and as it goes in.

5

Notice when your mind has wandered. When you get around to noticing this—in a few seconds, a minute, five minutes—simply return your attention to the breath.

6

Be kind to your wandering mind. Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.



By Mindful Staff

Activity - Anagrams

Can you re-arrange these letters to reveal either the UK Town/City or Prime Minister?

UK Towns/Cities

1. Mr Fourfold Band
2. Enter Chasm
3. Boil Creek
4. Nerviness
5. Kerb Poem
6. Onward Snaffle
7. Old Ranting
8. Dark Cop Twin
9. Weirder Men
10. Lethal Postmen

UK Prime Ministers

11. Churlish Nit Clown
12. Brainy Lot
13. Recharge That Tram
14. Hollow Drains
15. Cattle Element
16. Annoyed Then
17. Petrol Beer
18. Hard Hat Weed
19. Smarmy Old Canada
20. Artful Harbour



Ancient Trees

How old is an ancient tree?

The age at which a tree becomes ancient varies from species to species. Some, such as oak and yew, are naturally more long-lived than others. The Fortingall Yew in Perthshire, Scotland, is perhaps the oldest tree in the UK. Modern experts estimate it to be between 2,000 and 3,000 years old, although some think it could be far older – maybe even 5,000 years old.

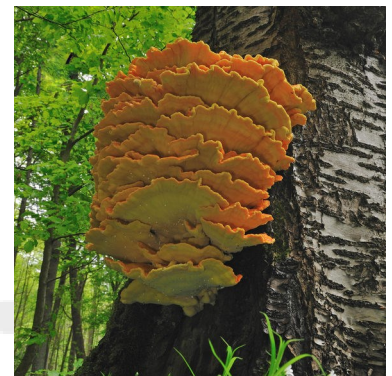


The Fortingall Yew in 2011

Very often ancient trees are found outside woodland. Many survive in the remnants of royal hunting forests and ancient wood pasture and parkland. Individual ancient trees exist in urban parks and housing estates, on farms, in ancient hedges and in churchyards.

The ecology of ancient trees

Ancient trees are often impressive and complex structures. The fact that they are in the process of decline and decay means there are plenty of nooks and crannies to harbour wildlife. The hollowing of trees by fungi creates habitats for a variety of vertebrate and invertebrate species. Chicken-of-the-woods (see photo) is a fungus that causes brown rot in the heartwood of trees. This,



in turn, is favoured by the vulnerable cardinal click beetle (see photo). The fruiting bodies of fungi also provide food for red squirrels, badgers, wood mice and some beetles and slugs.



continued...

Ancient Trees continued

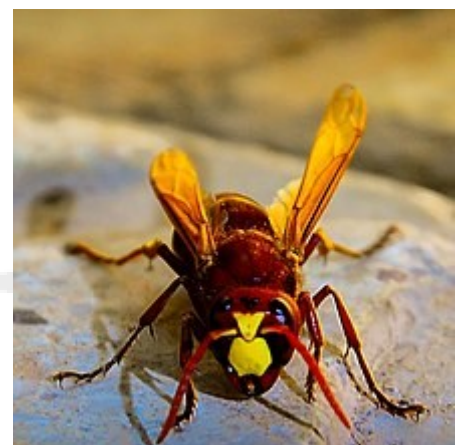


The Fortingall Yew



Saproxyllic invertebrates rely on dead or decaying wood for some of their life cycle. Possibly the best-known saproxyllic invertebrate in Britain is the stag beetle (see photo). Its larvae feed on dead and decaying wood. Many of these invertebrate species are in decline because of the shortage of deadwood habitat in the UK.

Insects associated with ancient trees provide food for other species, like woodpeckers. Rot holes provide homes for brown long-eared bats, while tawny owls use large holes created by the loss of large limbs from mature trees. Hollows created in the trees also make great habitat for barbastelle bats, which roost deep inside in winter. Hornets (see photo) also make nests in hollow trees.



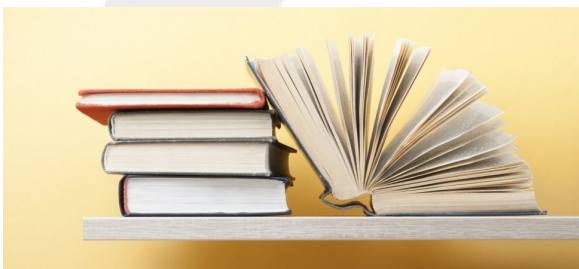
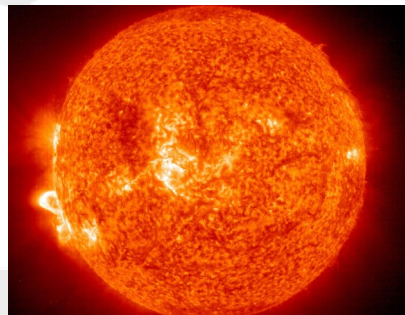
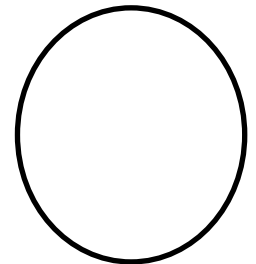
Many lichens, especially rare and specialist species, need the bark of ancient trees. The lichen, *Lobaria virens* (see photo), grows on the bark of mature deciduous trees. It is particularly sensitive to atmospheric pollution and loss of habitat.

Source: Woodland Trust & Wikipedia

Quiz 4 - Phobias

Phobias are a fear of anything from spiders to loud noises. Do you know what these phobias are a fear of? The images may help you.

1. **Bibliophobia**
2. **Cynophobia**
3. **Domatophobia**
4. **Elurophobia**
5. **Genuphobia**
6. **Heliophobia**
7. **Leukophobia**
8. **Ombrophobia**
9. **Papyrophobia**
10. **Pteromerhanophobia**



Activity - Word Search - Musical Instruments

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

ACCORDION
 BAGPIPE
 BALALAIKA
 BANJO
 BASS
 BODHRAN
 CABASAS
 CELLO
 CHIMES
 CITTERN
 CLARINET

CONGA
 CORNET
 COW BELL
 DIDGERIDOO
 DRUM
 EUPHONIUM
 FLUTE
 FRENCH HORN
 GUITAR
 HARP

HURDY-GURDY
 LAOUTA
 MANDOLA
 MARACAS
 MELODICA
 MIZMAR
 OBOE
 OUD
 PENNYWHISTLE
 PICCOLO

SAZ
 SITAR
 TARKA
 TRIANGLE
 TROMBONE
 UKULELE
 VEENA
 VIBRAPHONE
 VIOLIN
 XUN



Have your say!

We want to hear about your experiences during COVID-19

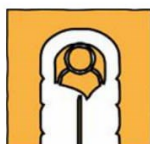
Groundswell are working with NHS England to understand the impact of COVID-19 on people who are homeless. This will help to inform how the NHS and other services respond to COVID-19 for people who are homeless.

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 reimbursed 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.

Activity - Spot the Difference

Can you find the 12 differences?



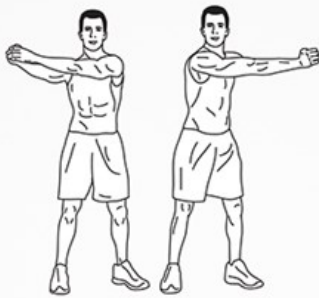
Over the next few issues we will be including some exercises, recommended by NHS Choices, that can easily be done indoors. Try and set aside 20-mins each day to exercise.

standing abs

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



20 knee-to-elbows



20 side-to-side chops



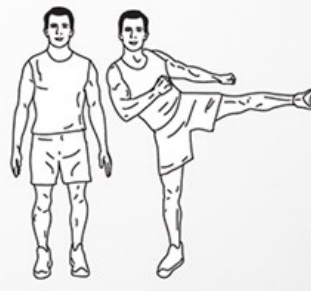
10 cross chops



20 high knees



20 twist jumps



10 side leg raises

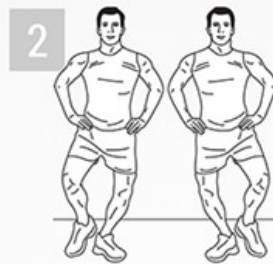
knee workout

KNEE STRENGTH AND RECOVERY @ neilarey.com

Repeat 3 times | up to 2min rest between sets



10 wall half squats



10 wide single leg squats



15sec cross leg side tilts



10 alternating leg raises



20 alternating raised leg swings



15sec each leg hamstring stretch



10 alternating split squats

Activity - Sudoku

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

EASY



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

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

MEDIUM



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

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

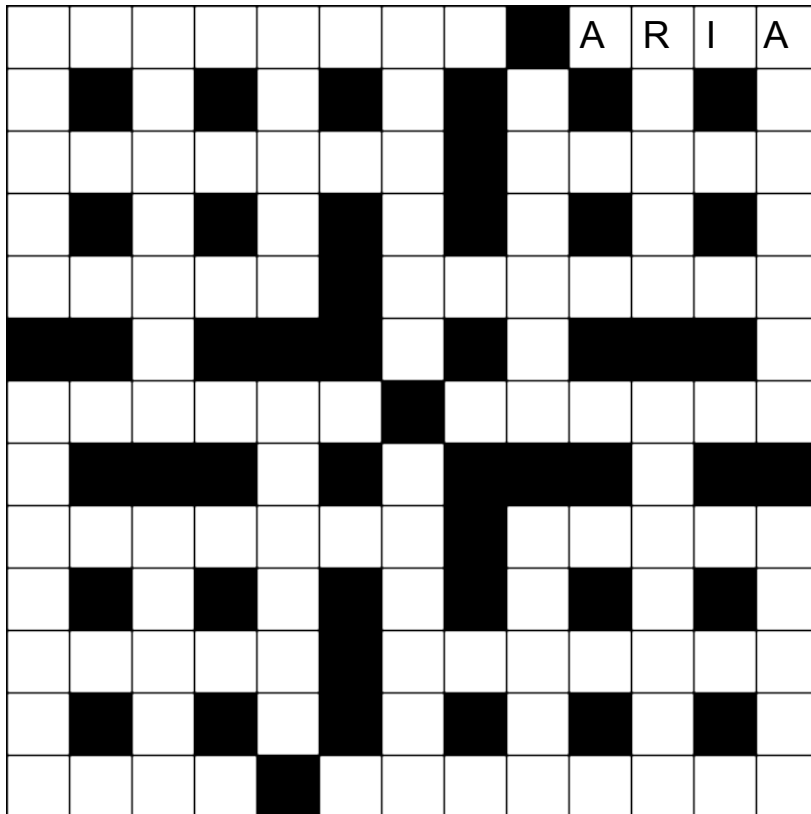
HARD



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

Activity - Word-fit Crossword

Can you fit the words below into the grid? To get you started, the first word has been filled in.



4 letter words

ARIA
TREK

5 letter words

BASIL
BROKE
ENDED
EQUAL
IGLOO
LITHE
LIVID
OLIVE
PAUSE
RAVEN

6 letter words

ASPIRE
ELDEST
RARELY
SHAPES
SHERRY
SLEIGH

7 letter words

ADDRESS
INSIPID
LOCATED
PROSPER
SCIENCE
STUDENT
UMPIRES
VACCINE

8 letter words

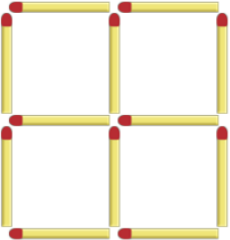
DECLARED
INVOLVED

Activity - Puzzles

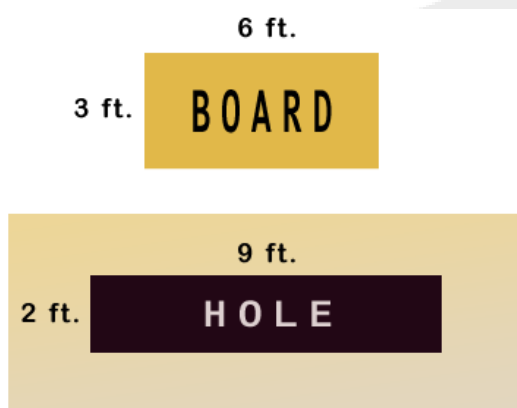
1. In the illustration below, ten coins are arranged in such a way that they form a pyramid. Can you turn the pyramid upside down by moving just three coins?



2. The figure below shows twelve matchsticks arranged in such a way that they form five squares (4 smaller squares and the large outer square). Your goal is to make ten squares by moving only four matchsticks.



3. There is a rectangular hole in the floor measuring 9 feet long by 2 feet wide. All you have with you is a board that is 6 feet long by 3 feet wide.



Can you find a way to cut the board into two pieces and cover the hole?

A couple of restrictions:

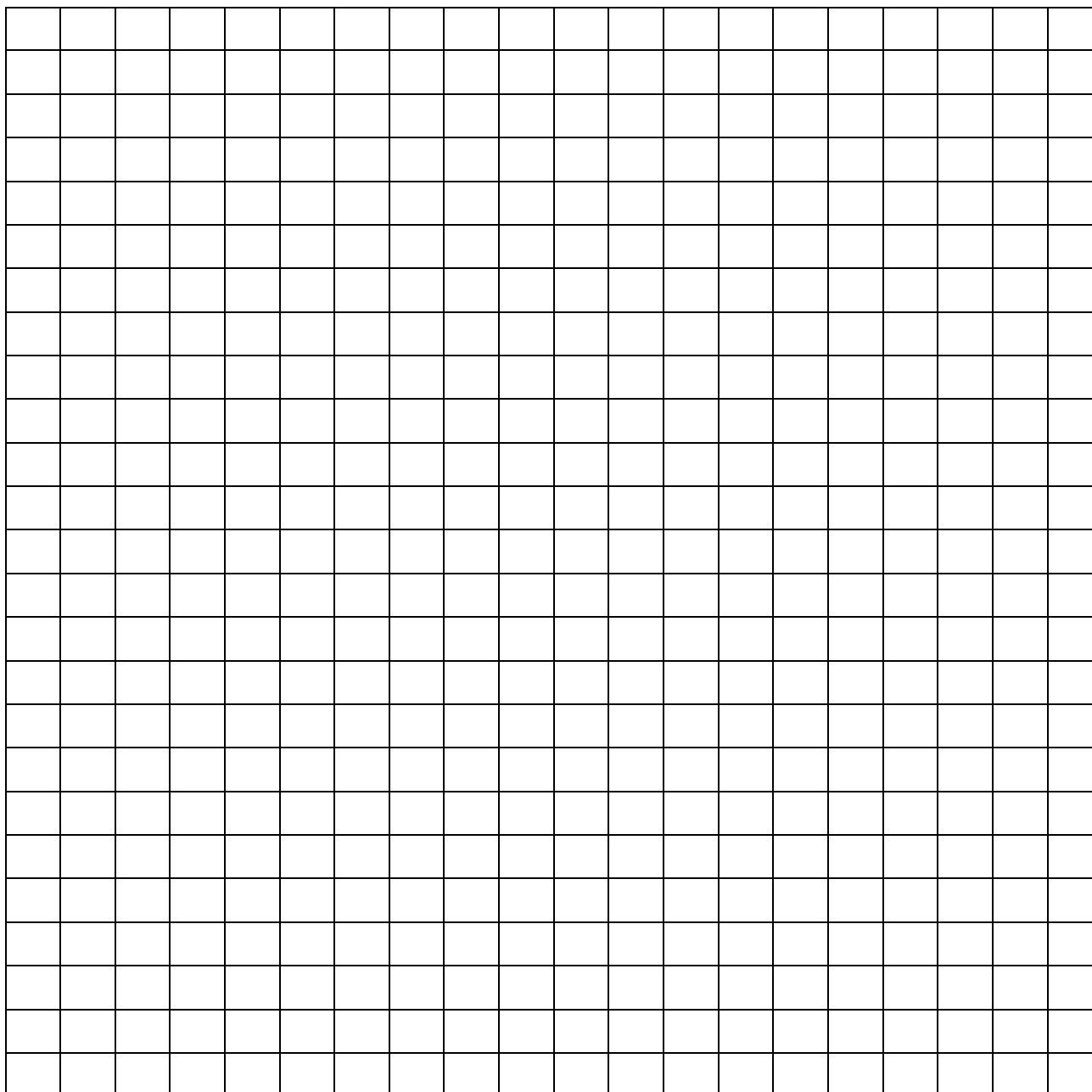
1. You can only cut the board into two pieces.
2. The hole must be completely covered.
3. The two boards cannot overlap each other.
4. Neither board can extend beyond the edge of the hole.

Quiz 5 - Musical Royalty



1. Which single of 1974 gave Queen their first UK top ten hit?
2. Who played the King of Siam in the 1956 musical movie "The King and I"?
3. Voted one of the Best Songs of the Century by the RIIA, who recorded "Stand by Me" in 1961?
4. Which jazz clarinetist was known as the "King of Swing"?
5. Who composed the 1890 opera "Prince Igor"?
6. Which girl band, named after an ancient Queen, had three UK top ten hits in 1998?
7. Which British prog-rock band released albums entitled "In the Wake of Poseidon" (1970) and "Larks' Tongues in Aspic" (1973)?
8. Who had a 1990 hit with "King of Wishful Thinking"?
9. Which jazz pianist and band leader won a total of 14 Grammy Awards and has a bridge in Washington DC bearing his name?
10. Who joined Coldplay on their 2012 single "Princess of China"?
11. In the ABBA song, how old was the "Dancing Queen"?
12. Who wrote the hit songs "Manic Monday" and "Nothing Compares 2 U"?
13. Which group was formed by brothers Caleb, Nathan and Jared Followill and their cousin Matthew?
14. For which monarch did Handel compose the "Music for the Royal Fireworks"(HWV351)?
15. Who was known as "The Queen of Soul"?
16. Who hit the UK top ten in 1971 with "Witch Queen of New Orleans"?
17. Which band had a number 2 hit in the UK in 1985 with "Love and Pride"?
18. In which Disney movie does the song "Some day my Prince will come" feature?

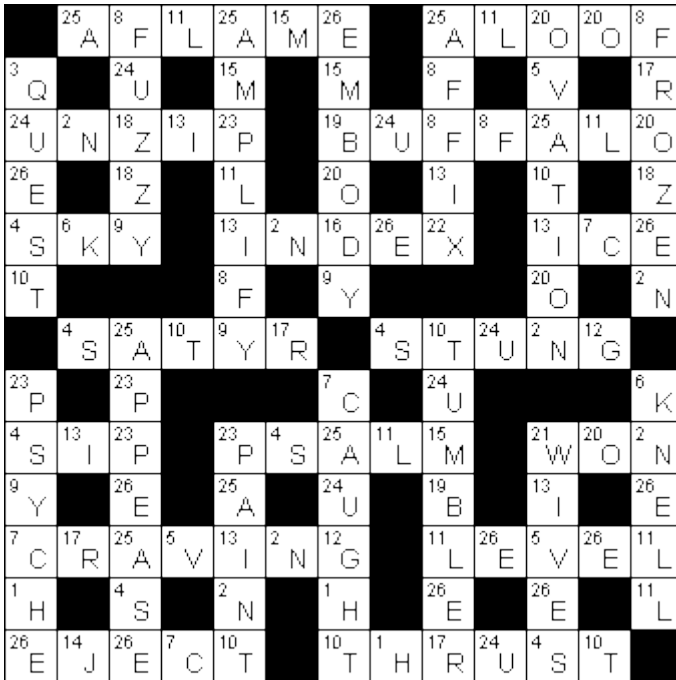
Activity - have a go at creating your own Word Search using the words below.



LION LEOPARD CHEETAH RHINOCEROS ELEPHANT HIPPO GIRAFFE
CROCODILE BUFFALO ZEBRA BABOON HYENA SPRINGBOK MONKEY
GAZELLE WARTHOG CIVET KUDU ALLIGATOR WOLF GORILLA
HIPPOPOTAMUS

ANSWERS

Activity - Codeword



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

Activity - Anagrams

1. Outnumbered
2. The Inbetweeners
3. Birds of a Feather
4. Gavin and Stacey
5. Not Going Out
6. The IT Crowd
7. The Office
8. Father Ted
9. Dinner Ladies
10. The Vicar of Dibley

Quiz 1 - Science & Nature

1. Copper & Zinc
2. Bones
3. Red
4. The Troposphere
5. Uranium
6. Hardness
7. 212 Degrees
8. X-Rays
9. Steel
10. Hydrogen
11. James Watt
12. A Hogshead
13. Acoustics
14. Dolly the sheep was created
15. An Atom
16. Tree
17. Vampire
18. Indonesia

ANSWERS

Activity - Dingbats

- | | | |
|---------------------------------------|----------------------------|-----------------|
| 1. Grandstand | 6. West Indies | 10. Missing you |
| 2. Big Dipper | 7. Apple Pie | 11. Up before 8 |
| 3. First Aid | 8. The Three Degrees | 12. Play to win |
| 4. One in a million | 9. Making up for lost time | |
| 5. Life begins at 40 or Life after 40 | | |

Quiz 2 - Brain Teaser

- | | |
|--|---|
| 1. 22 | 11. MISSISSIPPI (River) |
| 2. Racecar (spelt the same forwards and backwards) | 12. Two times (there's no need to go to the nearest petrol station) |
| 3. Some cats are affectionate | 13. Madrid, Beijing, Havana, Oslo, Stockholm |
| 4. David Cameron | 14. True |
| 5. Length | 15. One mile |
| 6. Two | 16. Irregular |
| 7. V | 17. Conversation |
| 8. False - a hexagon has 6 sides | 18. Multiplication, Magnification, Education, Illustration, Explanation |
| 9. Yes | 19. Yes, only one of the coins is not a £2 |
| 10. 35824 | |

Quiz 3 - Catchphrase

- | | |
|---------------------|---------------------|
| 1. David Dickinson | 6. Cilla Black |
| 2. Hughie Green | 7. Jeremy Clarkson |
| 3. Larry Grayson | 8. Stephen Fry (QI) |
| 4. Tommy Cooper | 9. Harry Hill |
| 5. Magnus Magnusson | 10. Miranda Hart |

ANSWERS

Activity - Anagrams UK Cities/Prime Ministers

UK Towns/Cities

1. Blandford Forum
2. Manchester
3. Lockerbie
4. Inverness
5. Pembroke
6. Saffron Walden
7. Darlington
8. Downpatrick
9. Windermere
10. Shepton Mallet

UK Prime Ministers

11. Winston Churchill
12. Tony Blair
13. Margaret Thatcher
14. Harold Wilson
15. Clement Attlee
16. Anthony Eden
17. Robert Peel
18. Edward Heath
19. Ramsay MacDonald
20. Arthur Balfour

Quiz 4 - Phobias

1. **Bibliophobia** - Fear of books
2. **Cynophobia** - Fear of dogs
3. **Domatophobia** - Fear of houses
4. **Elurophobia** - Fear of cats
5. **Genuphobia** - Fear of knees
6. **Heliophobia** - Fear of the sun
7. **Leukophobia** - Fear of the colour white
8. **Ombrophobia** - Fear of rain
9. **Papyrophobia** - Fear of paper
10. **Pteromerhanophobia** - Fear of flying

Activity - Spot the Difference

1. Tuft of grass by backpack is missing
2. Rock behind skateboard is missing
3. Label on skateboard is coloured in
4. Bush on right is coloured in
5. Crest on backpack has moved
6. Light on bus has moved
7. Exhaust from bus has moved
8. Rear window on bus is taller
9. Pattern on skateboard nose is wider
10. Folder under girl's arm is wider
11. Lunch bag is wider
12. 'BUS' sign is taller

ANSWERS - Sudoku

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

EASY



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

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

MEDIUM



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

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

HARD



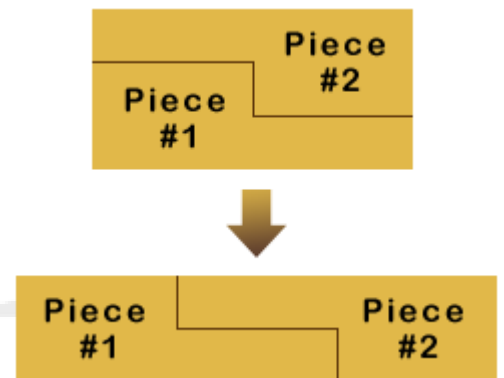
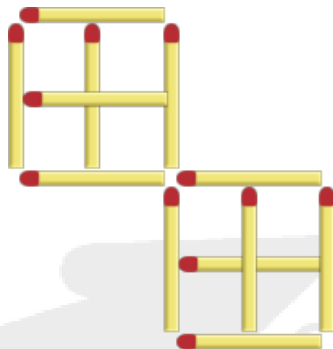
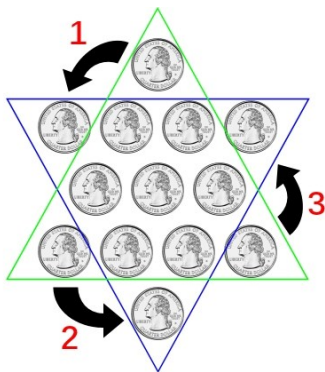
2	9	3	6	7	8	5	1	4
4	5	7	3	9	1	2	6	8
1	6	8	5	2	4	9	7	3
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9	7	6	8	1	2	3	4	5
8	1	4	9	3	5	6	2	7
5	8	1	2	6	7	4	3	9
6	4	9	1	5	3	7	8	2
7	3	2	4	8	9	1	5	6

ANSWERS

Activity - Word-fit Crossword

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

Activity - Puzzles



The green pyramid is the original pyramid pointing up and the blue pyramid is the new pyramid pointing down. The black arrows show the three coins moving from their original position to their new position.

ANSWERS

Quiz 5 - Musical Royalty

1. Seven Seas of Rhye
2. Yul Brynner
3. Ben E King
4. Benny Goodman
5. Alexander Borodin
6. Cleopatra
7. King Crimson
8. Go West
9. Duke Ellington
10. Rihanna
11. Seventeen
12. Prince
13. Kings of Leon
14. King George II
15. Aretha Franklin
16. Redbone
17. King
18. Snow White and the Seven Dwarfs

