

# 'food for thought'

## Issue 6

### Your Distraction Pack



Welcome to the 6<sup>th</sup> 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](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)

The logo for 'Thought for the Day' is a hand-drawn illustration of a thought bubble. The words 'Thought for the Day' are written in a cursive script inside the bubble.

*Always, end the day with a  
positive thought. No matter  
how hard things were.*

*Tomorrow's a fresh  
opportunity to make it  
better.*

## Self-isolating Top Tips:



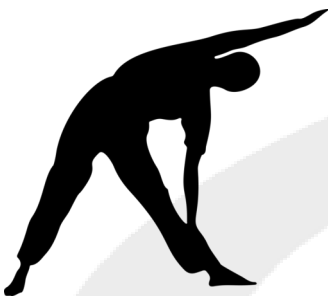
- Try and change your daily routine as much as is possible.



- 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.

## Quiz 1 - Who said that?

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



1. "Here's looking at you kid"
2. "Come up and see me sometime"
3. "I came, I saw, I conquered"
4. "We shall fight them on the beaches"
5. "England expects every man to do his duty"
6. "A week is a long time in politics"
7. "Little things effect little minds"
8. "Let them eat cake"
9. "I wondered lonely as a cloud"
10. "I have nothing to declare but my genius"

*Humphrey Bogart*

*Mae West*

*Marie Antoinette*

*Julius Caesar*

*Lord Nelson*

*Harold Wilson*

*Winston Churchill*

*Oscar Wilde*

*William Wordsworth*

*Benjamin Disraeli*

## Activity - Anagrams

Can you unscramble the letters in each word to find ten world cities?

HAHASIGN

ONERUMBLE

HAILPAIDHELP

ANIMAL

ANTISAGO

NOTEDMOVIE

EASIERBONUS

NILTUBAS

GINJIBE

PUBDATES



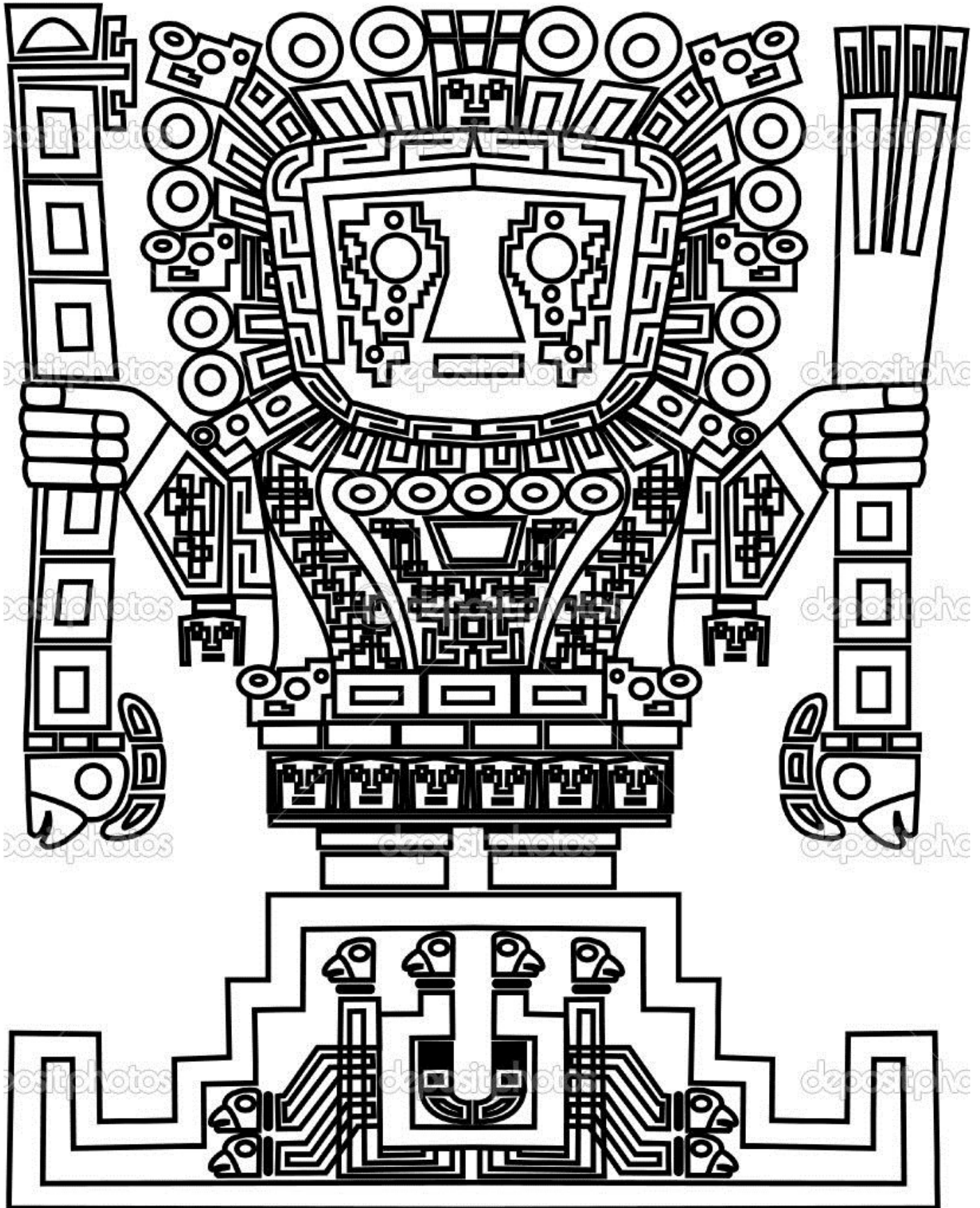
## Your stories from across the country

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 - Colouring - Inca Art

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





## Did you know .....

The Inca tribe measurement of time was based on how long it took to boil a potato.



The average person walks the equivalent of three times around the world in a lifetime.

Mosquitoes have killed more humans than all the wars in history combined.

You are one percent shorter in the evening than in the morning.

The average sheet of paper cannot be folded in half more than 7 times. *(Try it!)*

On average, every square mile of sea on the planet contains 46,000 pieces of rubbish.

The smell of rain is caused by a bacteria called actinomyces.

95% of the underwater world remains unexplored.

Our eyes are always the same size from birth, but our noses and ears never stop growing

A tomato has more genes than a human.

Sharks do not have a single bone in their bodies.

If uncoiled, the DNA in all the cells in your body would stretch 10 billion miles, from here to Pluto and back.

The human eye blinks an average of 4,200,000 times a year.

A dog's sense of smell is thought to be over 1,000 times more sensitive than a human's. They have been used to detect cancer in humans based on smelling breath samples.



## Activity - Syllacrostic

Find another word for the words given in the clues by selecting the correct syllables from the list below. Each syllable can only be used once and the number of syllables to be used is shown in brackets. When the correct words are filled in, the first and last letters reading down will reveal a proverb.

**CO, CONDS, DEN, EN, IN, NA, NO, NUR, O, RI, RING, SAL, SE, TER, Ticed, TO, TU, VAGE, VIEW, WI.**

1. Fostering \_\_\_\_\_ (3)
2. South American river \_\_\_\_\_ (4)
3. International organization \_\_\_\_\_ (2)
4. Lured \_\_\_\_\_ (2)
5. Broaden \_\_\_\_\_ (2)
6. Save from destruction \_\_\_\_\_ (2)
7. Consultation \_\_\_\_\_ (3)
8. Units of time \_\_\_\_\_ (2)

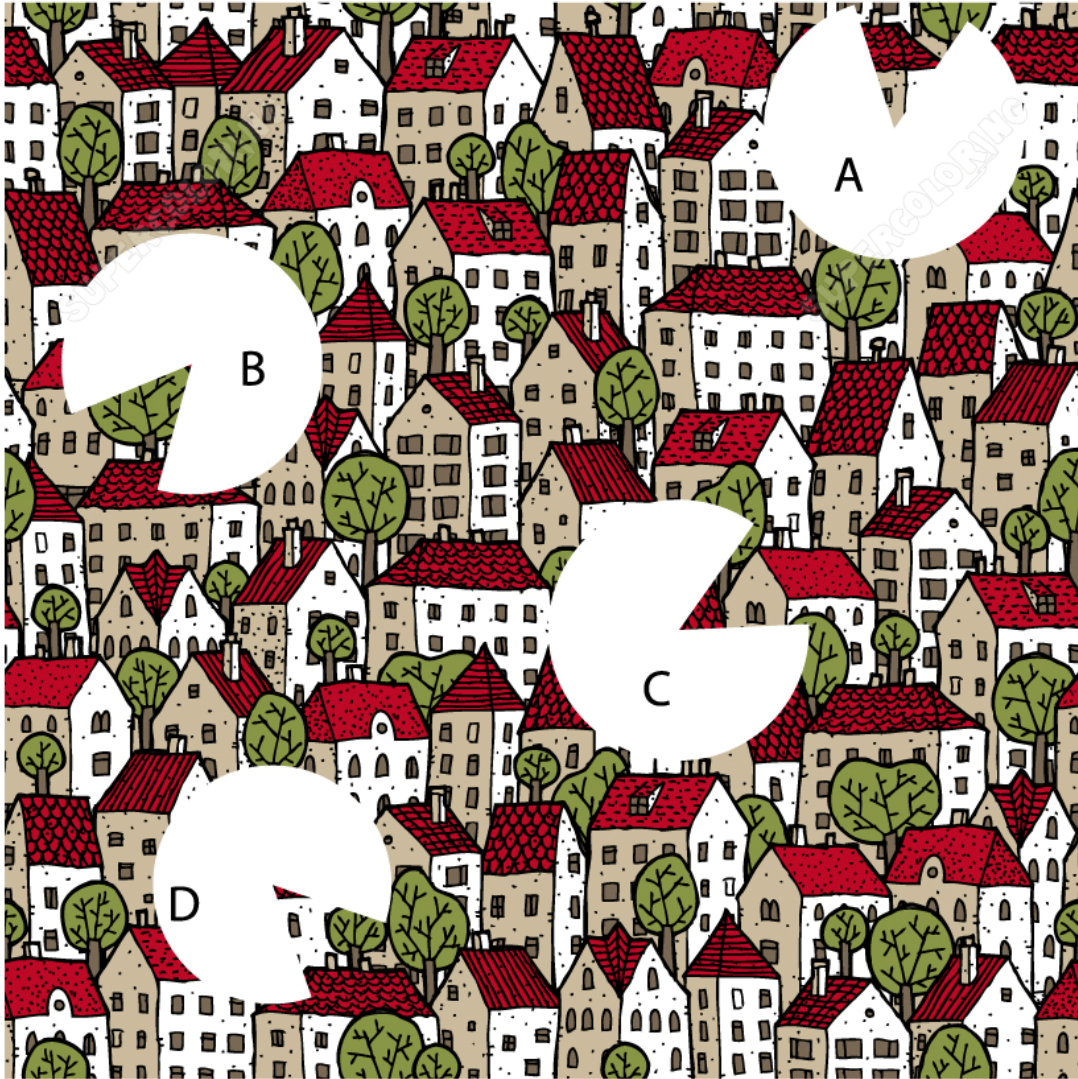


# Do you need some help while self-isolating?

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](https://nhsvolunteerresponders.org.uk)

Activity - Can you find the missing pieces from the selection numbered below to fill the gaps ABC and D?



## Quiz 2 - What's the word?



- 1 What 'C' is coiled or twisted?
- 2 What 'K' means Citadel in Russian?
- 3 What 'A' is the surgical removal of a limb?
- 4 What 'O' has a reputation for bringing bad luck, in spite of being a beautiful Gemstone?
- 5 What 'L' means to do with the moon?
- 6 What 'N' is slang for Police Informer?
- 7 What 'I' is the religion in which the Quran was revealed by God to the Prophet Muhammad?
- 8 What 'C' is a branched candlestick?
- 9 What 'D' is an underground cell for prisoners?
- 10 What 'B' is a conceited person said to be too big for?
- 11 What 'B' is a lure for fish?
- 12 What 'R' do the Americans call an Estate Agent?
- 13 What 'I' were the original inhabitants of North America?
- 14 What 'T' is a cashier's money container?
- 15 What 'M' was a Philippine Dictator?
- 16 What 'D' is the two on dice, or an even score at tennis?
- 17 What 'T' means perceptible by touch?
- 18 What 'E' is a book giving information about almost everything?
- 19 What 'W' won the 1980 World Amateur Snooker Championship?
- 20 What 'K' goes before stone, bean and failure?
- 21 What 'U' is a horse with a horn on its head?

### Quiz 3 - World Population Densities

Population densities, (i.e., number of people per sq. km.) around the world vary dramatically. Listed below are 14 sets of figures including area KM squared, total population and density. Can you identify which country, listed below, relates to which statistics in the table?

- |           |                |        |
|-----------|----------------|--------|
| Germany   | United Kingdom | Monaco |
| Singapore | Italy          | China  |
| Greenland | Hong Kong      | USA    |
| Jersey    | Australia      | Canada |
| India     | New Zealand    |        |

Country	Area KM squared	Population	Density
	2.02	37,550	18,589
	719.9	5,612,300	7,796
	1,106,24	7,389,500	6,679
	116	104,200	898
	3,287,240	1,326,373,596	403
	242,495	65,648,000	271
	9,640,821	1,388,570,066	144
	357,168	82,800,000	232
	301,308	60,504,233	201
	9,833,517	3,796,742	33
	270,467	4,846,400	18
	9,984,670	36,983,503	4
	7,692,024	24,774,786	3
	2,166,00	55,984	0.03

## Quiz 4 - Quentin Tarantino Films

The vowels in the titles of some of his most famous films have been removed. Can you name them and do you know the year they were released?



1. Ncpn tmn hllywd (6)
2. Plpfc tn (2)
3. Nglrsb strd (2)
4. Djngn chnd (2)
5. Rsrvrdgs (2)
6. Kllblvl m2 (3)
7. Thht flight (3)
8. Dthp rf (2)
9. Grndhs (1)
10. Jc kbrwn (2)
11. Sncty (2)
12. Frm dsktll dwn (4)



## Poetry - Before I ... by Insiya K. Patanwala

Before I became strong, I knew what it was like  
To be weak,  
How difficult it is to love yourself,  
To find the wholeness that you seek.

Before I knew the light,  
I have had my fair share of darkness, too,  
Where my world fell into a hopelessness  
And I didn't know how to get through.

For I have known the tears it takes,  
The courage to stand up again,  
When you are broken down and bruised  
And you know nothing but the pain.

You forget to appreciate love,  
If you haven't seen the hate,  
Till you forget the meaning of smile and laughter,  
And your heart is left abate.

I have known the strength and courage  
It requires to get it right,  
To face the things that hold you down  
And hold your head up and fight.

Before I was who I am now,  
I was someone I didn't want to be.  
I was lost, battered, and defeated,  
Before I knew how to be me!







# Have your say!

## We want to hear about your experiences during COVID-19



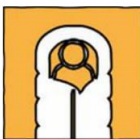
Groundswell are working with NHS England to understand the impact of COVID-19 on people who are homeless. This will help to inform how the NHS and other services respond to COVID-19 for people who are homeless.

**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.

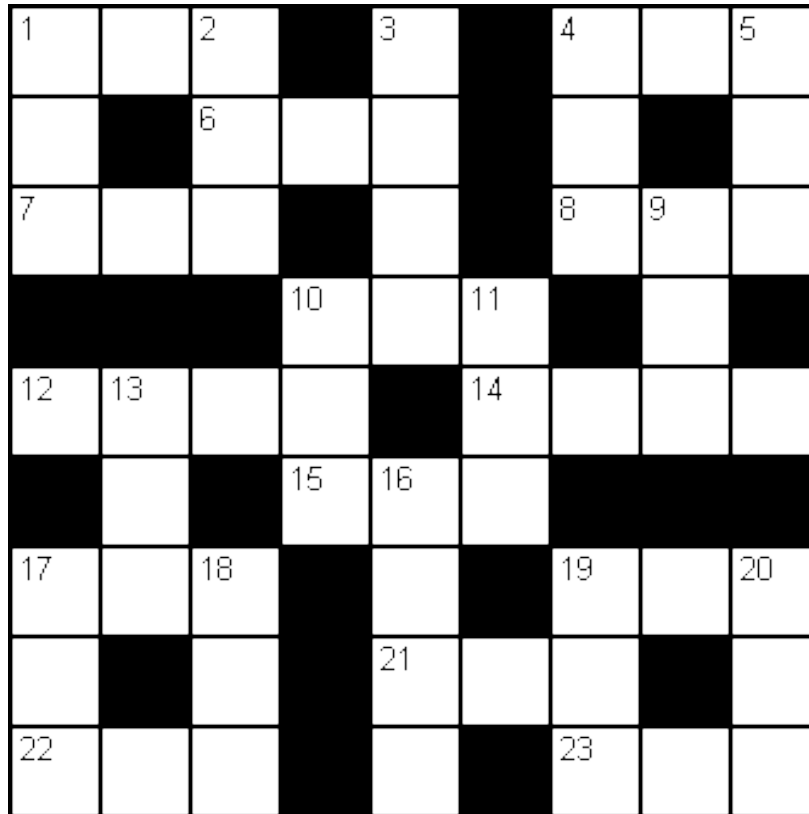


Groundswell is a charity that works with people who are homeless to create solutions to homelessness.

You can find out more about the project and view information and advice at [www.groundswell.org.uk](http://www.groundswell.org.uk)

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

## Activity - Number Crossword



### Across

1. Three times 19 down
4. 8 across minus thirty-seven
6. 5 down plus twenty-one
7. 22 across doubled
8. 19 across plus eighty-nine
10. 15 across minus 111
12. Seven times 10 down
14. Minutes in five days
15. 10 down plus eighty-one
17. 7 across minus fifty-two
19. 9 down minus fifty-nine
21. 18 down plus 127
22. Minutes in four hours
23. 11 down minus 197

### Down

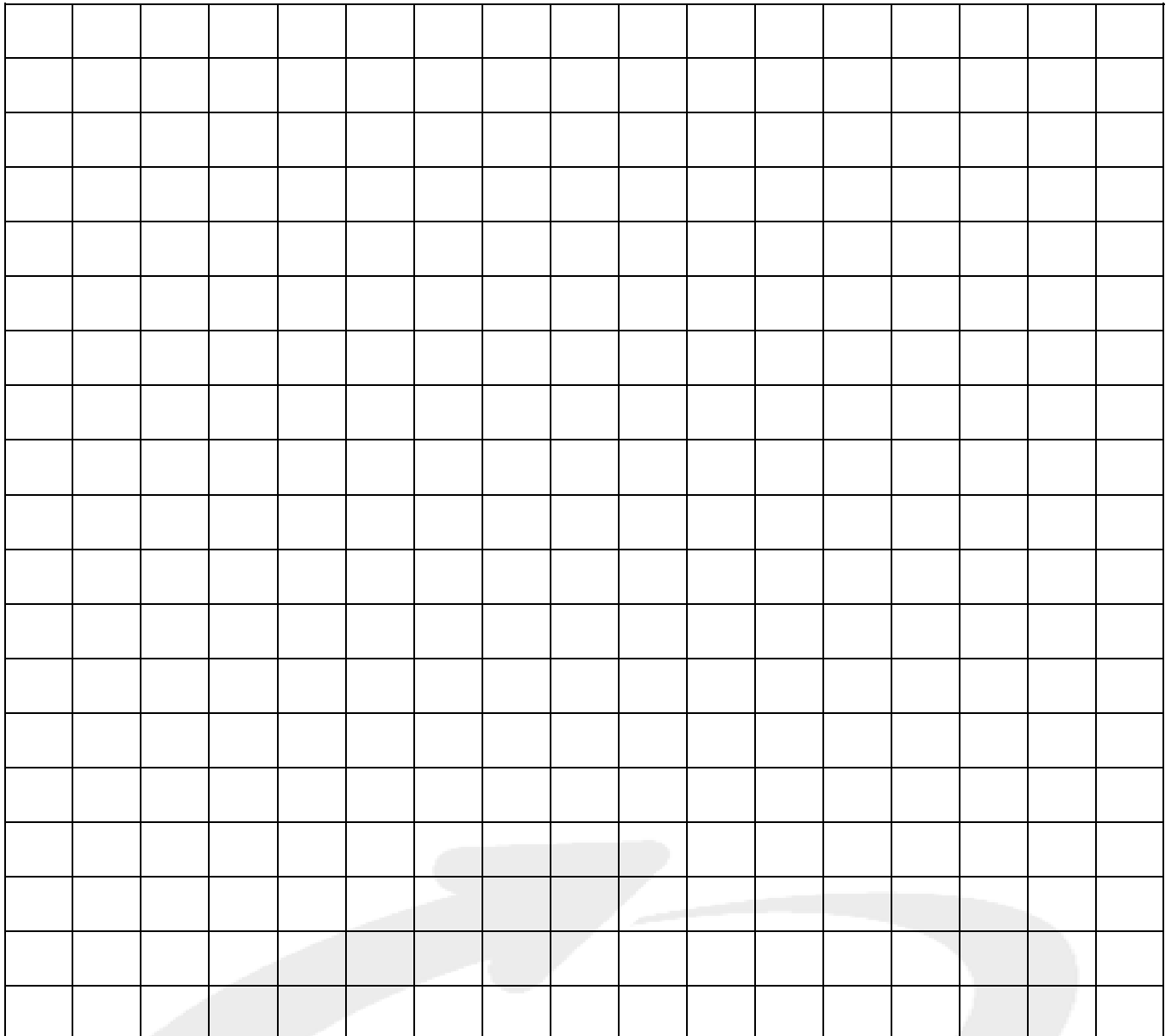
1. 17 down plus sixty-two
2. 1 down plus 106
3. 14 across minus fifteen
4. Months in eleven years
5. Seconds in five minutes
9. Minutes in three hours
10. 20 down times three
11. 17 across plus forty-seven
13. 6 across doubled
16. 1 across times twelve
17. 13 down minus 180
18. Five times 19 down
19. 9 down minus eight
20. Four down minus four

Activity - Can you navigate your way through the maze of roads?



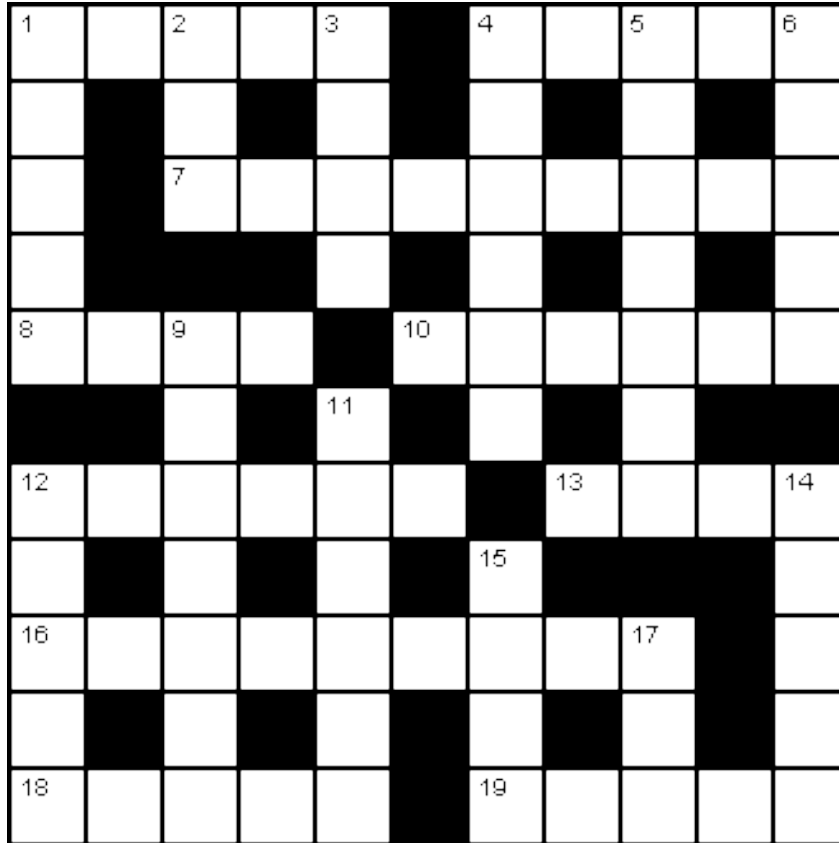
## Activity - Blank Word Search

This month, try and create your own Word Search using the grid and words below.



ORANGE    APPLE    STRAWBERRY    BANANA    GRAPE  
 POMEGRANITE    PEACH    BLACKBERRY    NECTARINE  
 BLUEBERRY    MELON    RASPBERRY    PEAR    APRICOT  
 CRANBERRY    FIG    GRAPEFRUIT    KUMQUAT    LEMON  
 LYCHEE    MANGO    PASSION FRUIT    PINEAPPLE    QUINCE

## Activity - Crossword



### ACROSS

1. Twelve (5)
4. Hoard (5)
7. Unaware (9)
8. Gape (4)
10. Wore away (6)
12. Birds of prey (6)
13. Notion (4)
16. Large spider (9)
18. The lowest point of anything (5)
19. Implied (5)

### DOWN

1. Journal (5)
2. Menagerie (3)
3. World's longest river (4)
4. Secret or hidden (6)
5. Bustling (7)
6. Abated (5)
9. Placed a bet (7)
11. Thinner (6)
12. Consumed (5)
14. Proficient (5)

Source: [puzzlechoice.com](http://puzzlechoice.com)

## Thinking about my future

Find a quiet space.  
Take some deep breaths.

Get some paper and a pencil or pen.

What makes you feel happy?  
Write it down!

What makes you feel healthy?  
Can you draw it?










What do you look forward to?  
Make a list!

Not feeling positive?  
That's OK, take a break if you need to.

Who can help you think about the future?

Show your lists to a person you trust. Can you make a plan together?

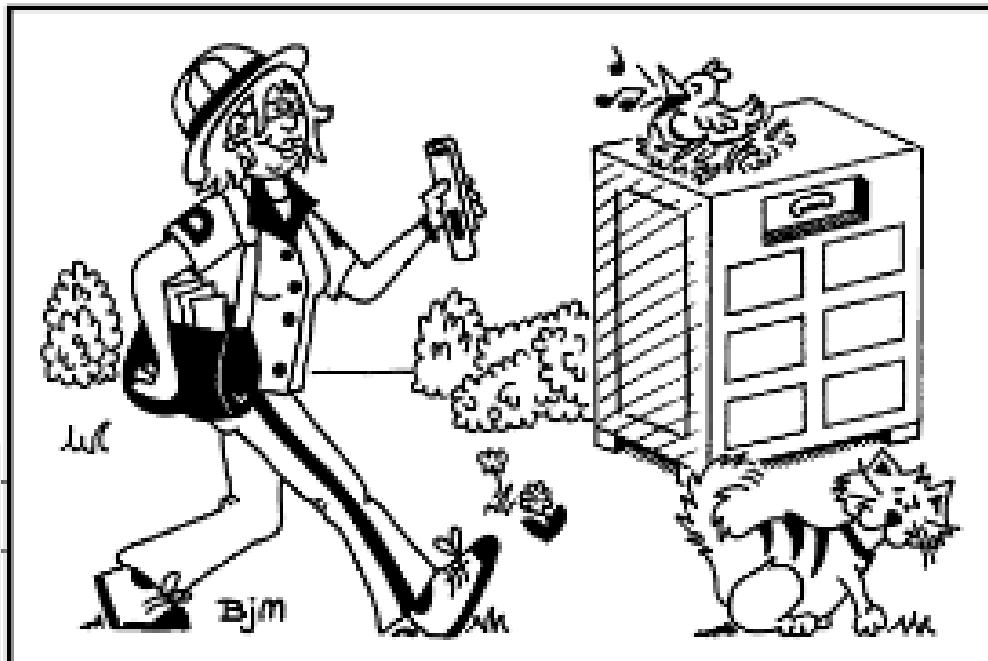
## Activity - Brainteasers

<p>How many queens have been crowned In England Since 1831</p> 	<p>What famous expression is this ?</p> <p>100S549A34 100F4E621T 100S549A34</p>	<p>What happened In Paris On 31st June 1945?</p> <p>1945</p>	<p>A father has 3 daughters who were all born on the 3rd May 1968, However they are not triplets can you explain?</p> 
<p>01</p>	<p>02</p>	<p>03</p>	<p>04</p>
<p>My _____ Is _____ Than My Wallet, Which 1 Word Can Fill Both Gaps?</p> 	<p>Which Of The following Is The Odd One Out?</p> <p>EGG FISH FOUNDATION TABLE BET</p>	<p>2 miners sitting on a bench one miner was the other one's son but the other one was not his father why?</p> 	<p>What Can Explode Slowly, With No Smoke Or Flame?</p> 
<p>05</p>	<p>06</p>	<p>07</p>	<p>08</p>
<p>Why Is Ireland Different From Scotland, England, Wales &amp; France</p> 	<p>What Do You Put On A Table, Cut &amp; Then Pass Around But Never Actually Eat?</p> 	<p>Sheriff Tom Jones Rode Into Town On Friday, Stayed 3 Nights &amp; Left Early Sunday Morning Explain?</p> 	<p>What Object Can You Cut Clean Through &amp; Be Left With One Object With Two Ends?</p> 
<p>09</p>	<p>10</p>	<p>11</p>	<p>12</p>



## Activity - Spot the Difference

Can you spot the 12 differences between these two images?





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.

www.nhs.uk **NHS** choices

# SPRINTER WORKOUT



Repeat 3 times | up to 2min rest between sets  
© neilarey.com



**8** jump squats




**8** jump knee-tucks




**8** jumping lunges



**20** side-to-side jumps



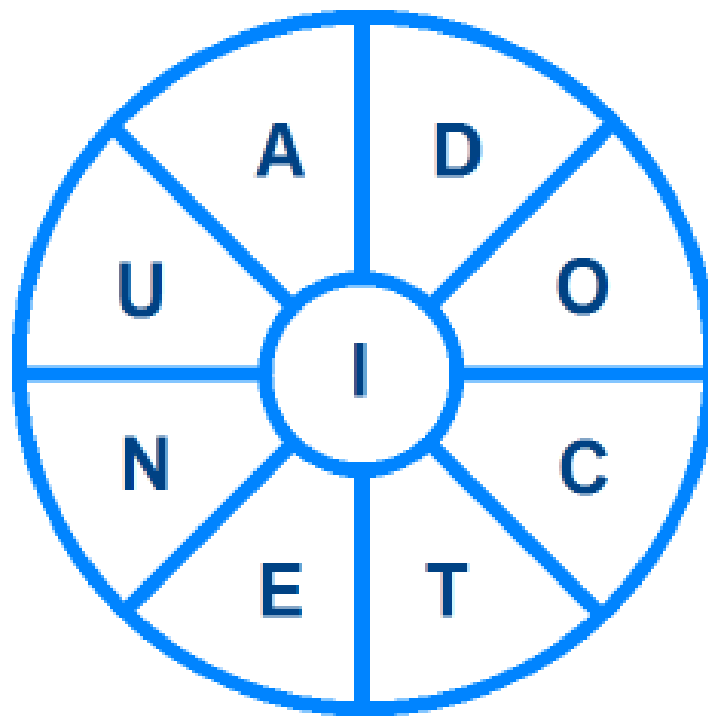
**20** high skips



**20** straight-leg bounds

## Activity - Word Wheel

How many words can you make from the letters in the wheel? Each word must contain the hub letter R and at least 3 other letters. No proper nouns. There is also one 9-letter word.



## Activity - Logic Riddles

1. What can travel around the world but stays in a corner?
2. I'm tall when I'm young and I'm short when I'm old. What am I?
3. What has hands but cannot clap?
4. What has a head and a tail, but no body?
5. What has an eye but cannot see?
6. What gets wetter and wetter the more it dries?
7. Paul's height is six feet, he's an assistant at a butchers and wears size 9 shoes. What does he weigh?
8. What kind of room has no doors or windows?
9. What kind of tree can you carry in your hand?
10. If you have me, you want to share me. If you share me, you haven't got me. What am I?
11. What gets broken without being held?
12. Feed me and I live, yet give me a drink and I die?
13. He has married many women, but has never been married. Who is he?
14. What can you catch, but not throw?



## Activity - Sudoku

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

EASY



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

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

MEDIUM



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

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

HARD



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

## Activity - Sudoku

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

EASY



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

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

MEDIUM



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

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

HARD



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

## ANSWERS

### Quiz 1 - Who said that?

- |   |                    |
|---|--------------------|
| 1. "Here's looking at you kid"                | Humphrey Bogart    |
| 2. "Come up and see me sometime"              | Mae West           |
| 3. "I came I saw I conquered"                 | Julius Caesar      |
| 4. "We shall fight them on the beaches"       | Winston Churchill  |
| 5. "England expects every man to do his duty" | Lord Nelson        |
| 6. "A week is a long time in politics"        | Harold Wilson      |
| 7. "Little things effect little minds"        | Benjamin Disraeli  |
| 8. "Let them eat cake"                        | Marie Antoinette   |
| 9. "I wondered lonely as a cloud"             | William Wordsworth |
| 10. "I have nothing to declare but my genius" | Oscar Wilde        |

### Activity - Anagrams

SHANGHAI	SANTIAGO	BEIJING
MELBOURNE	MONTEVIDEO	BUDAPEST
PHILADELPHA	BUENOS AIRES	
MANILA	ISTANBUL	

### Activity - Syllacrostic

NURTURING  
ORINOCO  
NATO  
ENTICED  
WIDEN  
SALVAGE  
INTERVIEW  
SECONDS  
= NO NEWS IS GOOD NEWS

### Activity - Missing pieces

A = 4  
B = 5  
C = 2  
D = 7

## ANSWERS

### Quiz 2 - What's the word?

- |               |                  |
|---------------|------------------|
| 1. Convoluted | 12. Realtor      |
| 2. Kremlin    | 13. Indians      |
| 3. Amputation | 14. Till         |
| 4. Opal       | 15. Marcos       |
| 5. Lunar      | 16. Deuce        |
| 6. Nark       | 17. Tangible     |
| 7. Islam      | 18. Encyclopedia |
| 8. Candelabra | 19. White        |
| 9. Dungeon    | 20. Kidney       |
| 10. Boots     | 21. Unicorn      |
| 11. Bait      |                  |

### Quiz 3 - World Population Densities

- |              |                   |                 |
|--------------|-------------------|-----------------|
| 1. Monaco    | 6. United Kingdom | 11. New Zealand |
| 2. Singapore | 7. China          | 12. Canada      |
| 3. Hong Kong | 8. Germany        | 13. Australia   |
| 4. Jersey    | 9. Italy          | 14. Greenland   |
| 5. India     | 10. USA           |                 |

### Quiz 4 - Quentin Tarantino films

- |                                       |                              |
|---------------------------------------|------------------------------|
| 1. Once upon a time in Hollywood 2019 | 7. The Hateful Eight 2015    |
| 2. Pulp Fiction 1994                  | 8. Death Proof 2007          |
| 3. Inglourious Basterds 2009          | 9. Grindhouse 2007           |
| 4. Django Unchained 2012              | 10. Jackie Brown 1997        |
| 5. Reservoir Dogs 1992                | 11. Sin City 2005            |
| 6. Kill Bill Volume 2 2004            | 12. From Dusk till Dawn 1996 |

## Activity - Number Crossword

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

## Activity - Crossword

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

## Activity - Brainteaser

- None, they were Princesses when they were crowned
- Safety in numbers
- Nothing (June has 30 days)
- They are 3 of Quads
- Lighter
- You can't lay a fish
- Because the other miner was his mother
- A population
- It's got 3 vowels
- A deck of cards
- His horse was called Friday
- Any kind of loop

## Activity - Spot the Difference

- Front leg of cat missing
- Musical note by bird missing
- Stamp on letter in bag missing
- Cat's whisker missing
- Tag on cat's collar missing
- Feather on bird's head missing
- Grass by mailbox leg missing
- Toe on left shoe coloured in
- One flower moved
- Bottom button shirt moved down
- Right shoe lace moved
- Rolled up paper is longer



## Activity - Word Wheel

9-letter word - EDUCATION

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

actin, adieu, antic, audio, audit, canid, cited, coati, cutie, dicot, dicta, edict, tonic, tunic, unite, untie, action, atonic, auntie, coined, detain, induce, induct, notice, united, untied, aconite, auction, caution, conduit, noctuid, noticed.

## Activity - Logic Riddles

- |           |             |             |
|-----------|-------------|-------------|
| 1. Stamp  | 6. Towel    | 11. Promise |
| 2. Candle | 7. Meat     | 12. Fire    |
| 3. Clock  | 8. Mushroom | 13. Priest  |
| 4. Coin   | 9. Palm     | 14. Cold    |
| 5. Needle | 10. Secret  |             |



## ANSWERS

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

EASY



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

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

MEDIUM



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

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

HARD



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

## ANSWERS - Sudoku

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

EASY



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

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

MEDIUM



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

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

HARD



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