

# 'food for thought'

## Issue 8

### Your Distraction Pack





Welcome to the 8th 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.

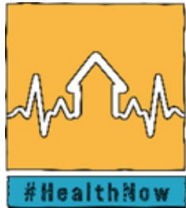
The answers are given at the back, so if you don't want to know what they are, don't look beyond page 30!



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)



# Have your say!

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



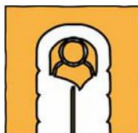
Groundswell are working with NHS England to understand the impact of COVID-19 on people who are homeless. This will help to inform how the NHS and other services respond to COVID-19 for people who are homeless.

**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.

## 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 - Emoji Band names

Names of bands have been created as emojis - can you work them out?

1



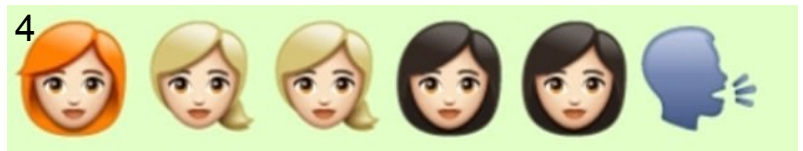
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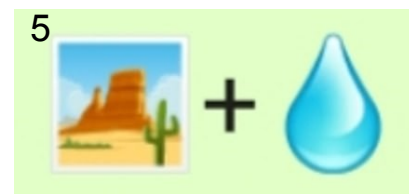
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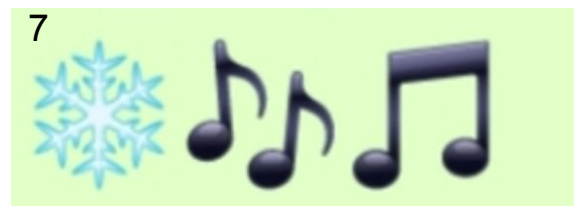
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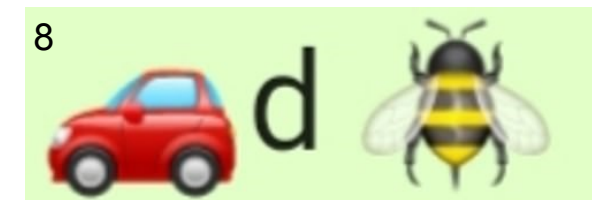
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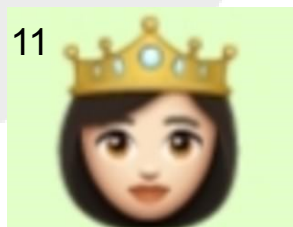
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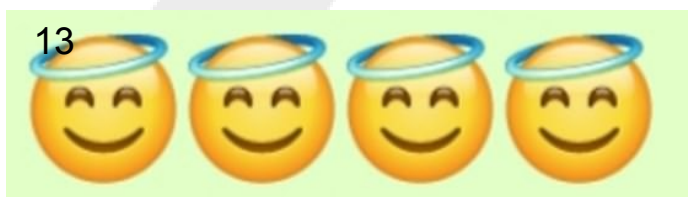
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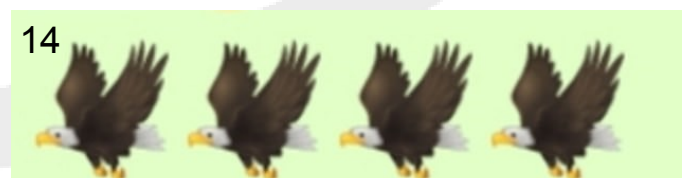
12



13



14





## Quiz 2 - Which year?

All these events took place on the 1st August - but in which year?

Select the year from the list below



- 1 Thomas Arne's song "Rule Britannia" is performed for the first time
- 2 Synthetic vitamin K is produced for the first time
- 3 Slavery is abolished throughout the British Empire
- 4 San Francisco's first cable cars begin running, operated by the Hallidie's Clay Street Hill Railroad Company
- 5 Singer Chubby Checker releases "The Twist" creating a new dance craze
- 6 Admiral Horatio Nelson routs the French fleet in the Battle of the Nile
- 7 Germany declares war on Russia
- 8 A machine for making shredded wheat breakfast cereal is patented
- 9 Arthur Ashe becomes the first African-American to play on the US Davis Cup tennis team
- 10 Yves Saint Laurent, the fashion designer was born



**1914      1798      1939      1873      1964**  
**1893      1960      1740      1834      1936**

## 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.

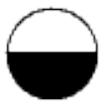







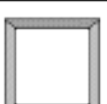





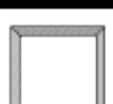





## Activity - Shape up

Each of the different shapes below has a numerical value. The numbers to the right of the grid are the sum of each row and the numbers at the bottom are the sum of each column.

Can you work out the value of each shape? No shape has a value less than 1. Enter the solution into the empty grid.

				<b>10</b>
				<b>11</b>
				<b>10</b>
				<b>10</b>
<b>7</b>	<b>12</b>	<b>10</b>	<b>12</b>	

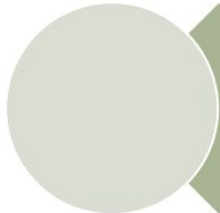

## Activity - Colouring

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









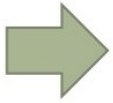
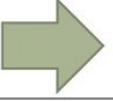
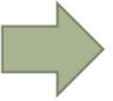
# My Plan




 This plan belongs to:

 The plan starts on:

 I will look again at the plan on:

Things I'm good at:




Things I want to change:




The help I need is:




**To Do List:**

- 1.
- 2.
- 3.

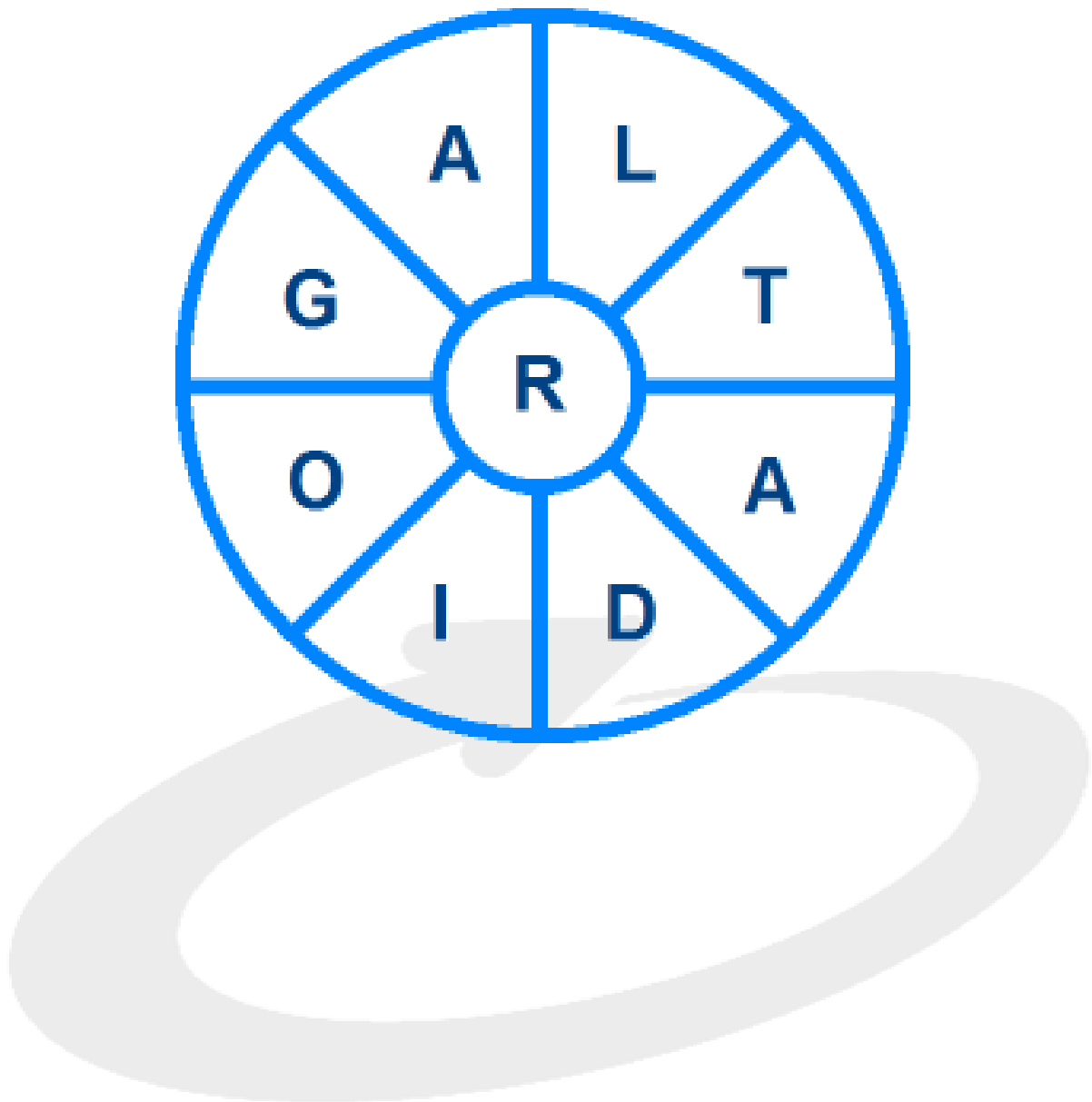


## Quiz 3 - The year is 2019

1. Despite Swedish climate activist Greta Thunberg being favourite, the 2019 Nobel Peace Prize was awarded to the Prime Minister of which country?
2. Which former dictator's body was exhumed and moved to a new resting place in October 2019?
3. Why was the Derbyshire town of Whaley Bridge evacuated in August 2019?
4. Who were the celebrity winners in 2019 of the following reality TV programmes, [a] Celebrity Master Chef, [b] Strictly Come Dancing, [c] X Factor: Celebrity and [d] I'm a Celebrity Get Me Out of Here?
5. Which parliamentary constituency was the first to successfully remove their MP by means of a recall petition in May 2019?
6. Tiger Roll won the 2019 Grand National for the second year running, which horse completed the same feat in 1973 & 1974?
7. In March 2019 a British Airways plane bound for Dusseldorf landed in which Scottish airport by mistake?
8. Rose Hudson-Wilkin became the first Black Woman Bishop in the Church of England. Where is she Bishop of?
9. Protests took place in Hong Kong throughout 2019 against extradition legislation but what is the name of the Chief Executive who the protesters demanded that he resign?
10. In which role did Simon Armitage succeed Carol Ann Duffy in May 2019?
11. Who resigned as leader of the Scottish Conservatives in August 2019 citing personal reasons?
12. With the scores level after 50 overs and after a "super over", how did England win the 2019 Cricket World Cup?

## 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?

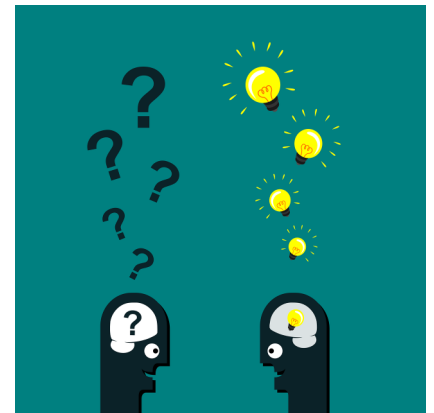




## Health Watch - Mental Health

### Positive Thinking

*“I am quite a negative person but now I look on the bright side. I am here (in prison) for six years, six months but I am not here as long as others. That is the way I look at it.”*



In difficult situations, your thoughts are more likely to be negative. This can lead to feeling anxious, guilty or angry. This negative thinking can become habitual, particularly when life is challenging.

Over time this can lead to depression or become a barrier to making changes and improvements to our lives.

It’s important to challenge negative thoughts to maintain our mental health. Developing a more positive thinking habit takes time but can make a difference to the way you feel and behave.

The following can help you to change negative thought patterns to become more positive:

**Become more self-aware** – Try to identify and understand where the negative thoughts come from. This might be directly from being in prison but it is also likely that they are a result of past experiences.

**Become more self-disciplined** – Be aware of when you have negative thoughts and how they impact on a lockdown preventing him from going to the gym, he used the time to do a workout in his cell instead.

**Reframe things in a more positive way** – Positive statements can encourage us to cope in difficult circumstances. Try to build up a list of positive phrases that you can use. Here are some ideas from other prisoners:

continued .....





## Health Watch - Mental Health Positive Thinking



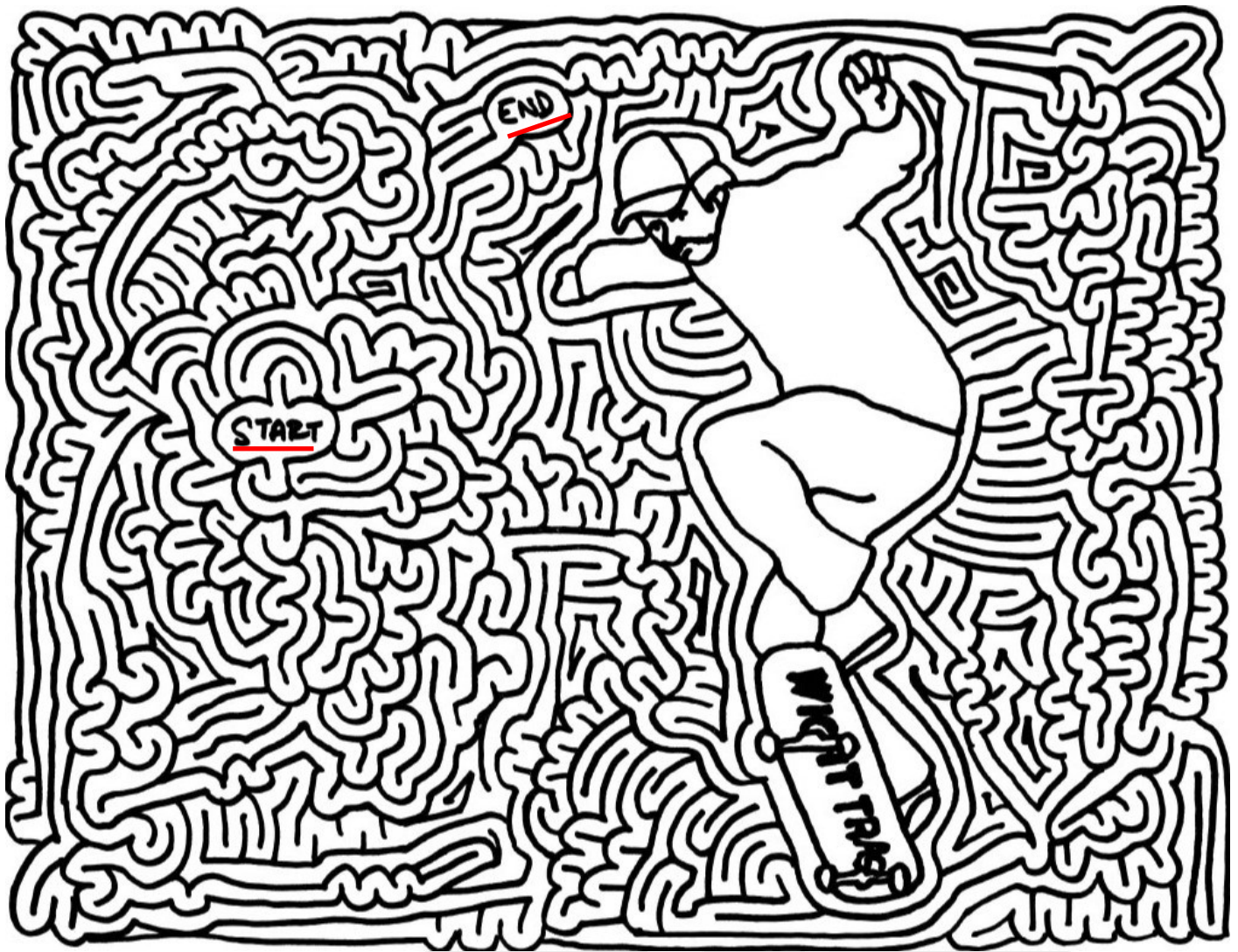
- I am worth more than I think
- I have survived before, I will survive now
- There is always a point
- I can learn from this
- I can laugh
- I don't need to rush, I can take things slowly

**Become more focused on solutions** – When things get difficult, it's helpful to focus on the solution and not the problem. Be aware that there are some things you can control and some things you can't. Try not to focus too much on the things that you have no control over. An example one prisoner gave was that rather than getting upset by a lockdown preventing him from going to the gym, he used the time to do a workout in his cell instead.

'Living Life to the Full' has lots of really useful worksheets to help you work with these issues. Ask the prison library or Healthcare if they can print some for you to use.



Activity - Can you find the way from Start to End?



## Quiz 4 - Animals

1. Can you name three types of bears?
2. True or false: A donkey is able to see all four of its feet?
3. A group of crows are referred to as a what?
4. What is the fastest animal in the world?
5. Which mammal lives the longest?
6. What sea creature is a blue whale's favourite meal?
7. Which animals are considered to be the 'big five' in Africa?
8. After cheetahs, what is the fastest land animal in the world?
9. Which mammal has the most powerful bite in the world?
10. Which dog has the best sense of smell?
11. Name two types of marsupials?
12. What nickname do adult male gorillas have due to their hair?
13. Which animal did the Guinness Book of World Records name as the most fearless animal?
14. Which animals belong to the grouping 'bovine'?
15. How fast can a sausage dog (dachshund) run?
16. Which large marine mammals are sometimes known as sea cows?
17. Which is the only free roaming primate in Europe?
18. Name two of the three snakes native to the UK?
19. How many wolves did the largest recorded pack have?
20. Lemurs are only native to one country, which one is it?





# Groundswell

Out of homelessness



## CORONAVIRUS (COVID-19)

### Registering with a GP during COVID-19

#### What is a GP?

- A General Practitioner (GP) or a 'family doctor' is a **doctor based in the community**

#### What does a GP do?

- GPs can treat minor issues
- Identify any more serious health issues
- Refer you for further treatment to a hospital or other specialist health service

#### Who can register?

- Anyone in England may register and see a GP for free
- You do not need a fixed address
- Your immigration status does not matter
- You do not need identification, documentation or an NHS number

\*Sometimes GP practices ask for identification or documentation. **If you are asked for documentation or identification, and you do not have any, explain that you are currently homeless, and they should still register you.**

\*If the GP cannot support you to manage your condition, they will refer you to a specialist

\***If your condition is an emergency go to Accident and Emergency**

#### COVID-19 and registering

- Most GP surgeries are closed due to COVID-19, however some are doing phone and online appointments
- Registration has moved on-line or over the phone
- If you are having difficulties registering, ask a support worker or advocacy worker for help.

**If you are unable to access a GP and have an urgent medical problem, please ring 111 or go to an Accident and Emergency department.**

#### What services are provided at my GP?

Your GP will be able to help you with:

- Physical health problems, including minor illnesses, minor injuries and the management of all ongoing more serious health problems
- Mental health issues
- Substance misuse issues
- Preventative care e.g. health screening and vaccinations (see other leaflet)
- Wound dressings
- Support with your pregnancy
- Contraception and sexual health
- Referral to termination of pregnancy services (If you prefer not to attend your GP for this you can alternatively call 0333 999 9951)

#### How to get help

If you have any problems registering with a GP, have questions about health care charges or concerns about data sharing please contact

**Doctors of the World (0808 164 7686). Monday - Friday 10am – 12pm**



#### COVID-19 symptoms

Call 111 and self-isolate until further advice if you have any of the following symptoms.

- **Fevers or sweats**
- **A persistent cough**
- **Shortness of breath**
- **A loss of sense of smell or taste**



If you cannot manage your symptoms you should go to A&E.

**This information is correct as of 17/06/20**



## Using the GP services

### I need to book an appointment

- During COVID-19 phone or on-line booking systems are the only way to access GP appointments
- Speak to support staff or an advocacy agency if you have any issues registering
- GP appointments are usually 10 minutes long, but you can always request longer appointments if you need

### I need an interpreter

- If English is not your first language NHS services must provide telephone interpreting services
- You can ask a receptionist or health care provider for an interpreter to help you register and you can also ask for an interpreter for your appointment with the GP or nurse

### Specialist GP practices

- There may be GP practices in your area that are especially for people who are currently homeless or migrants, asylum seekers or refugees
- Advocacy and support services should be able to tell you if there is a specialist GP practice in your area

### Will I be charged?

- Health care provided within a GP surgery is free. **However**, you may have to pay for prescribed medicines depending on what benefits you receive and what health conditions you have. **See section below about help with health costs.**
- If you have no current immigration status or your application is in process you can be charged for hospital care and some community services. See section below about help with health costs.
- If you cannot pay in advance you might not be able to get treated. **However**, if a clinician thinks the treatment is urgent you will be given the treatment. You may receive a bill after treatment. There are some exceptions to this e.g. **treatment related to COVID-19 is free.**

### I need help with the costs of medicines, dental treatment and sight care

- Depending on which benefits you receive and your medical conditions you might also be required to pay for prescriptions, dental care, eye tests and glasses
- **However**, if you have a low income, you may be eligible for an **NHS HC2 certificate** which entitles you to free prescriptions, dental treatment, sight tests and vouchers for glasses. **If you are not entitled to benefits you can still apply for this.**
- An HC1 form is used to apply for this certificate.
- Your health provider should be able to give you an HC1 form. If not, this form can be downloaded from the internet. And you can also apply online <https://services.nhsbsa.nhs.uk/apply-for-help-with-nhs-costs/apply-online>
- **Ask for help to fill in the form if you need it**

### Will my GP share information about me?

- GP practices and other NHS services will **NOT** share your information with any other Government department
- GP practices do not share information with the Home Office currently
- The only situation in which a GP might have to share information about you is if you are at risk or there is risk to others

Translated versions of this document are available here:

<https://www.healthylondon.org/resource/homeless-health-during-covid-19/>

## Communication between animals

Most animals (including people) use “body language” as well as sound and smell in order to communicate with one another. Here are some of the ways animals express themselves.

Many animals communicate by **smell** by releasing pheromones (airborne chemicals) to send messages to others. Pheromones play an important part in reproduction and other social behaviour. They are used by many animals, including insects, wolves, deer and even humans.



Whales breach (leap out of the water) repeatedly to send messages to other whales.

Bees dance when they have found nectar. The scout bee will dance in the hive and the dance directs other bees to the location of the nectar.

Kangaroos thump their hind legs to warn others of danger.

Prairie dogs bare their teeth and press their mouths together to discover if they are friend or foe.

Elephants show affection by entwining their trunks.

Swans entwine their long necks both to fight and to court.

Horses rub noses as a sign of affection.

Chimpanzees greet each other by touching hands.

Male fiddler crabs wave their giant claw to attract female fiddler crabs.

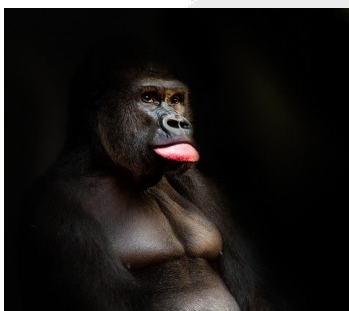
White-tailed deer show alarm by flicking up their tails.

Dogs stretch their front legs out in front of them and lower their bodies when they want to play.



Giraffes press their necks together when they are attracted to each other.

Gorillas stick out their tongues to show anger.



## Activity - Codeword

Codewords are like crossword puzzles - but have no clues! Instead, every letter of the alphabet has been replaced by a number, the same number representing the same letter throughout the puzzle. All you have to do is decide which letter is represented by which number.

To start you off, we reveal the codes for three letters. With these letters filled in throughout the puzzle, you'll have enough clues to start guessing words and discovering other letters.

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

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



Here is a good cardio exercise recommended by NHS Choices. Try and set aside 20-mins each day to exercise.

# cardio jump workout

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



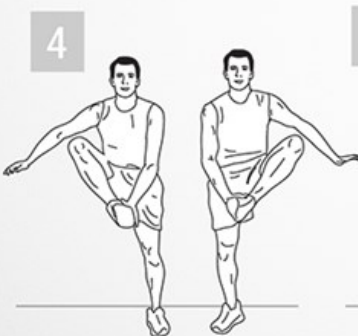
**10** jump on a spot



**10** wide leg jumps



**10** half star jumps



**10** toe tap jumps



**10** side-to-side  
single leg jumps



**10** side-to-side jumps



## Activity - Word Search - Emotions

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

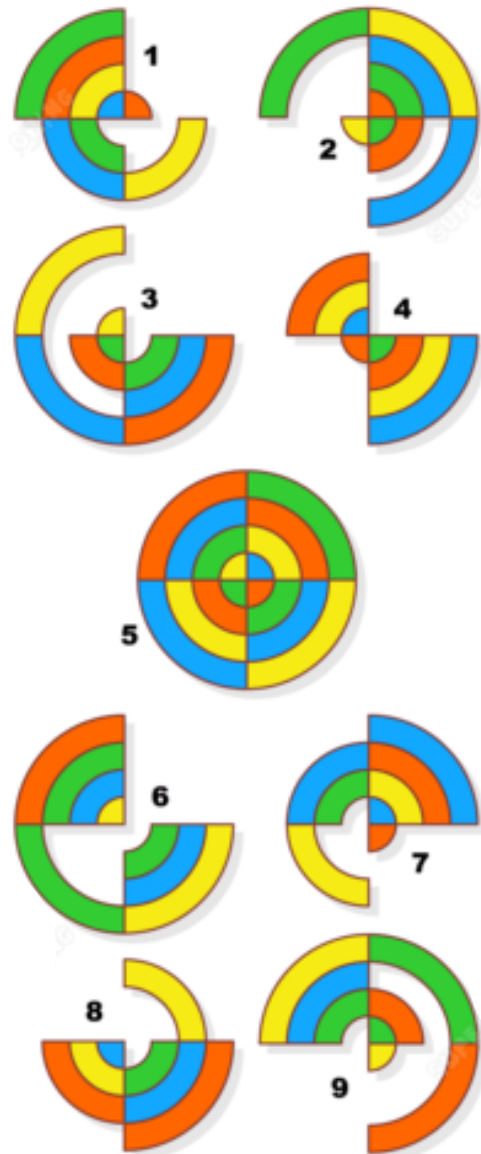
AFRAID  
 AGITATED  
 ANGUISH  
 BLUE  
 BORED  
 CHEERY  
 DARK  
 DOWN  
 DREAD  
 EDGY

ELATION  
 FURIOUS  
 GENIAL  
 GLOOMY  
 GROUCHY  
 HELPLESS  
 HOPEFUL  
 HUMILIATED  
 HURT  
 IRKED

JADED  
 JOVIAL  
 LONELY  
 LOVE  
 MELLOW  
 MERRY  
 MISERY  
 OFFENDED  
 ORNERY  
 PANIC

PEACEFUL  
 PLEASED  
 REMORSE  
 SOMBER  
 SUNNY  
 SYMPATHY  
 UNEASY  
 UPBEAT  
 WEARY

Activity - which two pieces were used to create the circle?



## How to get safely across the road on four or more legs!

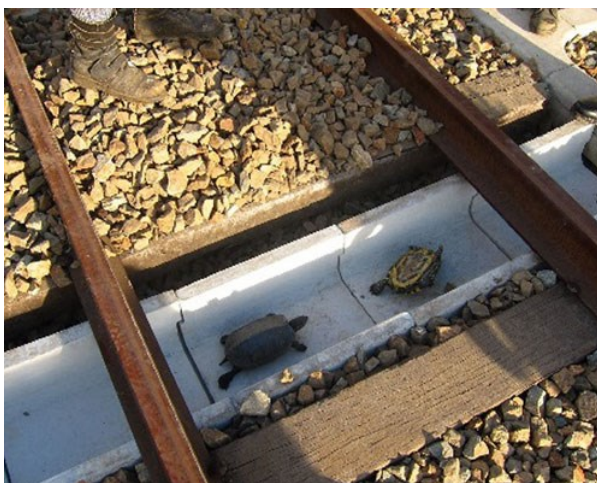
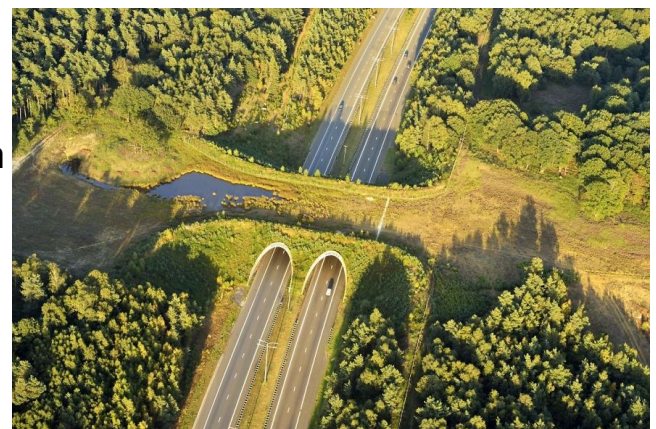
It's hard to say how many animals are killed by vehicles around the world every year, but it's estimated that up to one million are killed every day on the roads of the US alone. As you can see from the list below however, some countries go to great lengths to ensure the safety of their wildlife.

The first animal bridges were built in France in the 1950s, and the longest in the world, called the Natuurbrug Zanderij Crailoo, can be found in the Netherlands and is over half a mile long!



Crab Bridge on Christmas Island

Wildlife crossing in Belgium



Turtle tunnel in Japan



## How to get safely across the road on four or more legs! continued



A Grizzly Bear emerging from an underpass after crossing the trans-Canada Highway in Banff National Park.

An Elephant underpass in Kenya



Bridge for monkeys and other animals to cross over the road in Bahia, Brazil

Ecoduct in Holland





## Activity - Can you help Mason find his training equipment?



## Activity - Sudoku

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

EASY



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

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

MEDIUM



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

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

HARD



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

## Activity - Sudoku

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

EASY



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

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

MEDIUM



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

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

HARD



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

## Answers

### Quiz 1 - Emoji Bands





- |                   |                   |                |
|-------------------|-------------------|----------------|
| 1. The Beach Boys | 6. Adele          | 11. Queen      |
| 2. Britney        | 7. Coldplay       | 12. Radiohead  |
| 3. The Bee Gees   | 8. Cardi B        | 13. All Saints |
| 4. Girls Aloud    | 9. Guns and Roses | 14. The Eagles |
| 5. Oasis          | 10. Shakira       |                |

### Quiz 2 - Which year?

- |         |         |          |
|---------|---------|----------|
| 1. 1740 | 5. 1960 | 9. 1964  |
| 2. 1939 | 6. 1798 | 10. 1936 |
| 3. 1834 | 7. 1914 |          |
| 4. 1873 | 8. 1893 |          |

### Activity - Shape up!

1	3	4	2
1	4	3	3
2	4	1	3
3	1	2	4

 =1  
  =2  
  =3  
  =4

### Quiz 3 - The year is 2019

- Ethiopia (Abiy Ahmed)
- General Franco
- The imminent collapse of a nearby dam
- a] Greg Rutherford, [b] Kelvin Fletcher, [c] Megan McKenna and [d] Jacqueline Jossa
- Peterborough (Fiona Onasanya was the MP)
- Red Rum
- Edinburgh
- Dover
- Carrie Lam
- UK Poet Laureate
- Ruth Davidson
- By scoring the most boundaries



## Answers

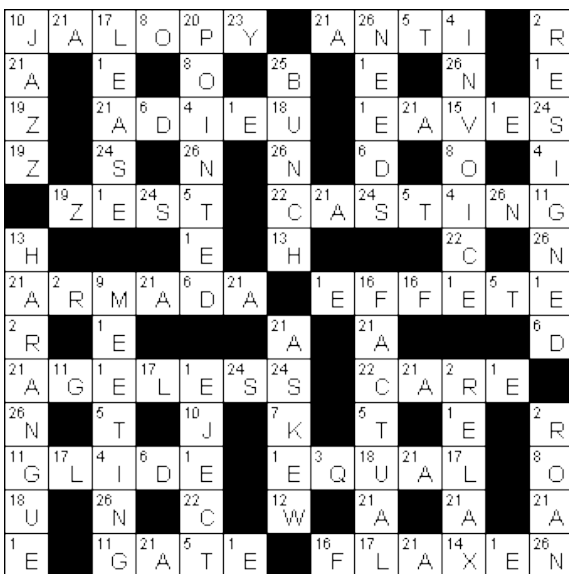
### Activity - Word Wheel

9 letter word: GLADIATOR

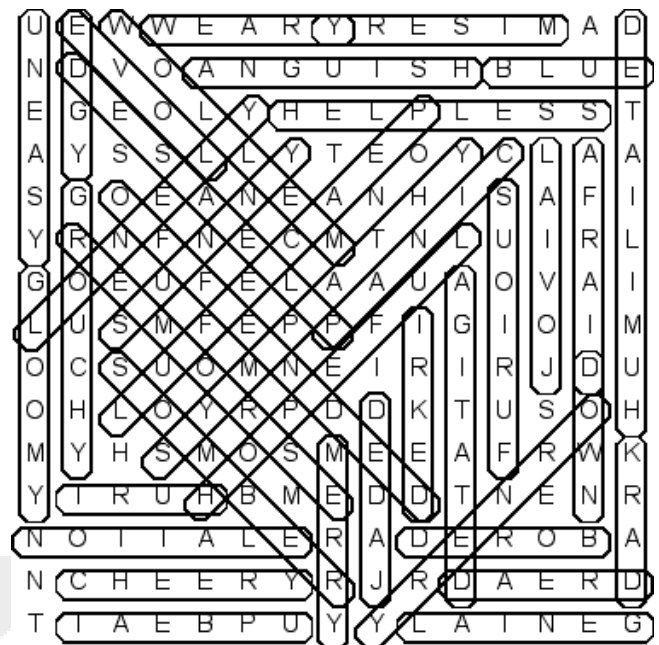
Some words of five letters or more containing the hub letter **R**:

agora, altar, aorta, argal, argot, aroid, atria, goral, grail, griot, groat, laird (Scot), largo, radio, raita, ratio, riata, tiara, trail, triad, trial, adroit, aortal, argali, atrial, lariat, latria, radial, tailor.

### Activity - Codeword



### Activity - Word Search



## Quiz 4 - Animals

1. Any of the following is a type of bear: polar bear, brown bear (grizzly), black bear (North American), panda bear, sloth bear, Asiatic black bears, Andean bear and sun bear.
2. Its true! A donkey's eyes are positioned so they are able to see all four of their feet - this helps with climbing hilly and mountainous terrain all across the world.
3. A murder of crows.
4. The peregrine falcon is the fastest animal in the world and is capable of reaching speeds over 200 mph. The great news is that these incredible birds can be found across the UK.
5. The bowhead whale, which have an average lifespan of 200 years.
6. Krill.
7. Lion, leopard, rhino, elephant and the cape buffalo.
8. Pronghorn Antelope.
9. The hippopotamus has the most powerful bite out of all mammals.
10. The bloodhound has the most acute smell out of all dogs.
11. Kangaroos, wallabies, wombats, and the koala - marsupials are defined as animals who are prematurely born and spend the rest of their development in a pouch on the mother's belly.
12. Silverback.
13. The honey badger - despite its small size the honey badger will fight off lions and hyenas in Africa.
14. Cattle.
15. 15-20 mph.
16. Manatee.
17. Barbary macaque - they can be found in Gibraltar.
18. Adder, grass snake and smooth snake.
19. The pack was recorded in Russia and numbered up to 400 wolves.
20. Madagascar.

## Answers

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

EASY



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

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

MEDIUM



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

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

HARD



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



## Answers

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

EASY



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

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

MEDIUM



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

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

HARD



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