

'food for thought'

Issue 11

Your Distraction Pack



Welcome to the 11th 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 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.

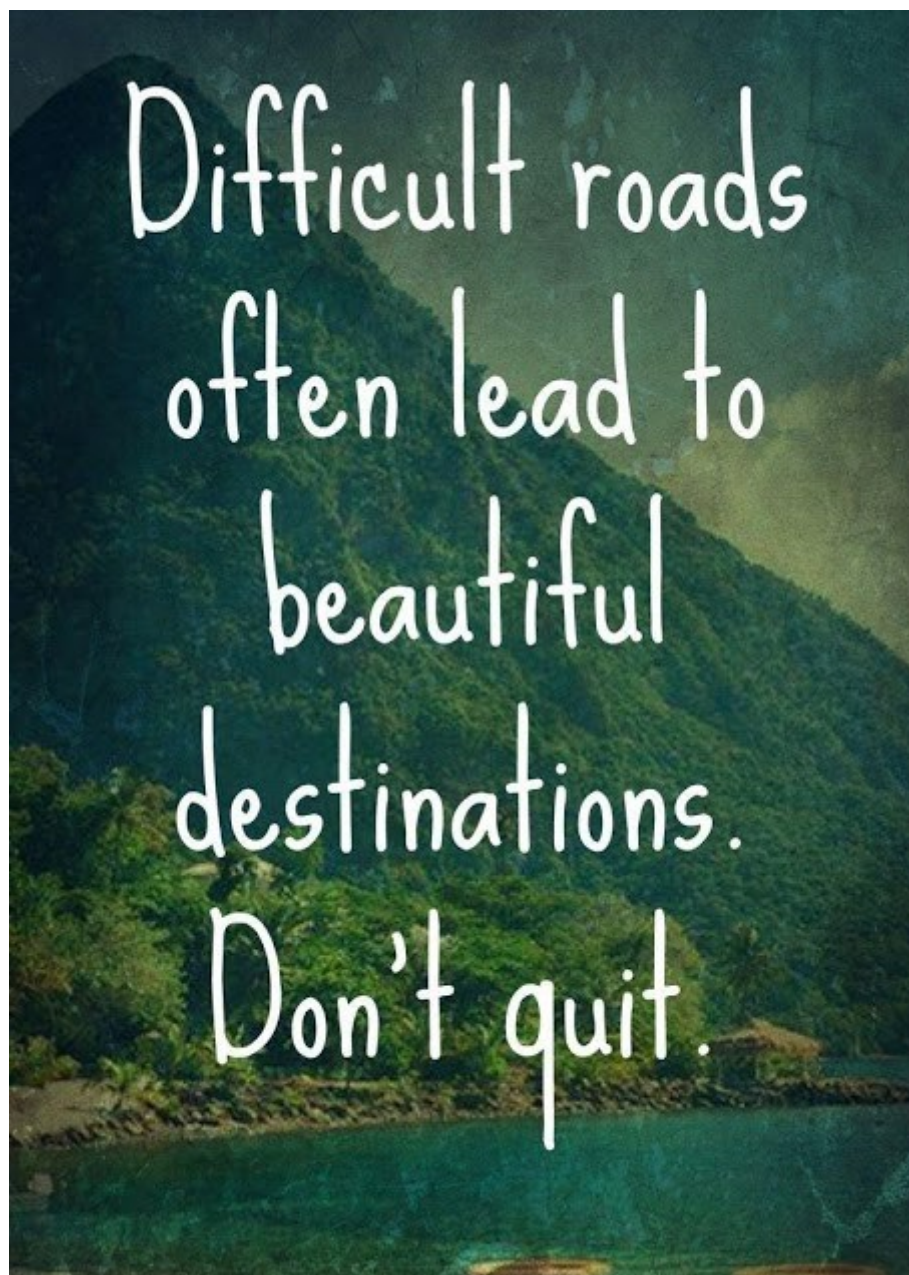
The answers are given at the back, so if you don't want to know what they are, don't look beyond page 27!



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' are 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

The logo for 'Thought for the Day' is a brown, hand-drawn style thought bubble containing the words 'Thought for the Day' in a cursive script.

Quiz 1 - Guess the chocolate bar

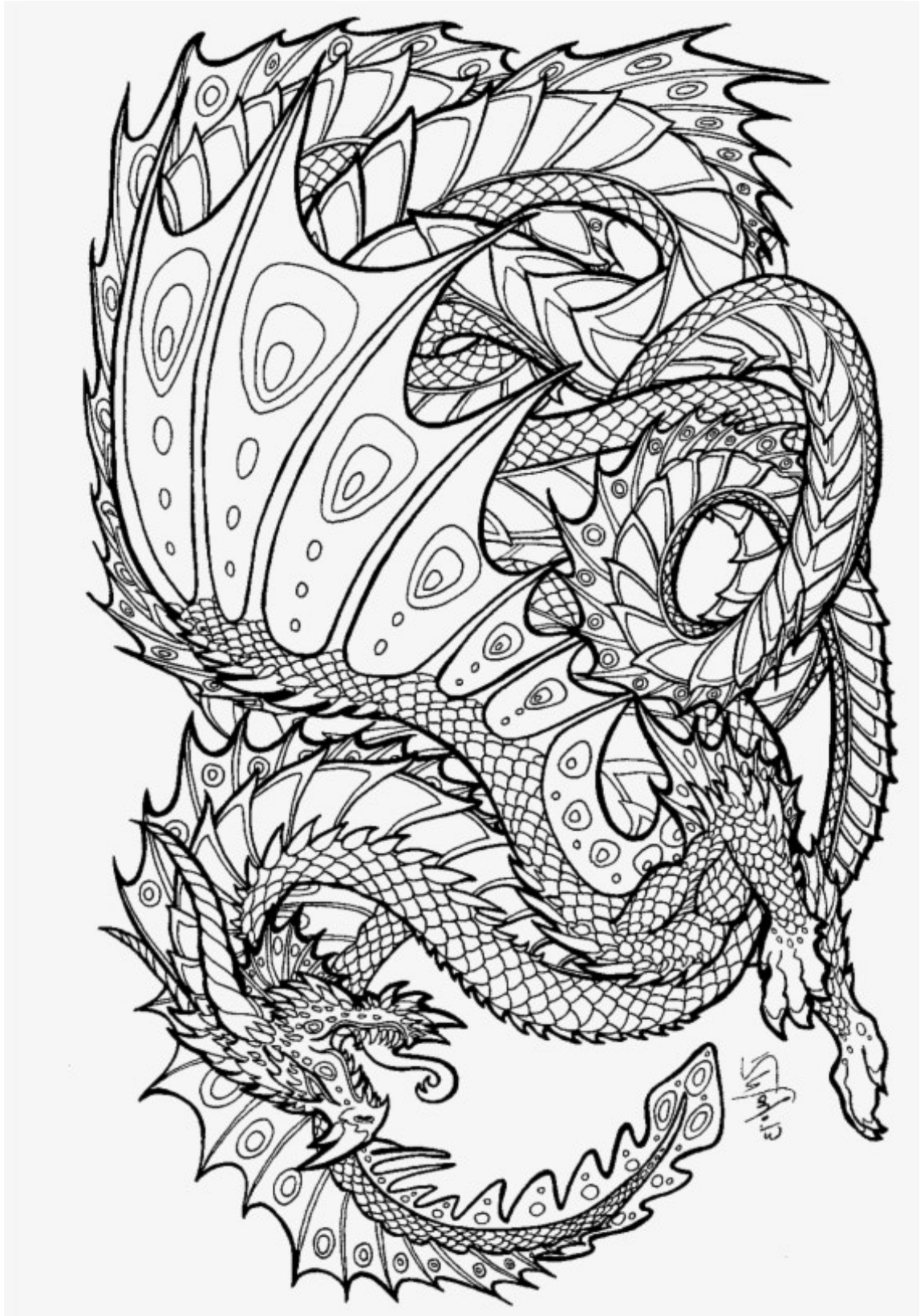
The following are all well-known chocolate bars. Can you name them?

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12



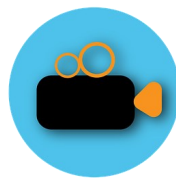
Activity - Colouring

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



Your stories from across the country

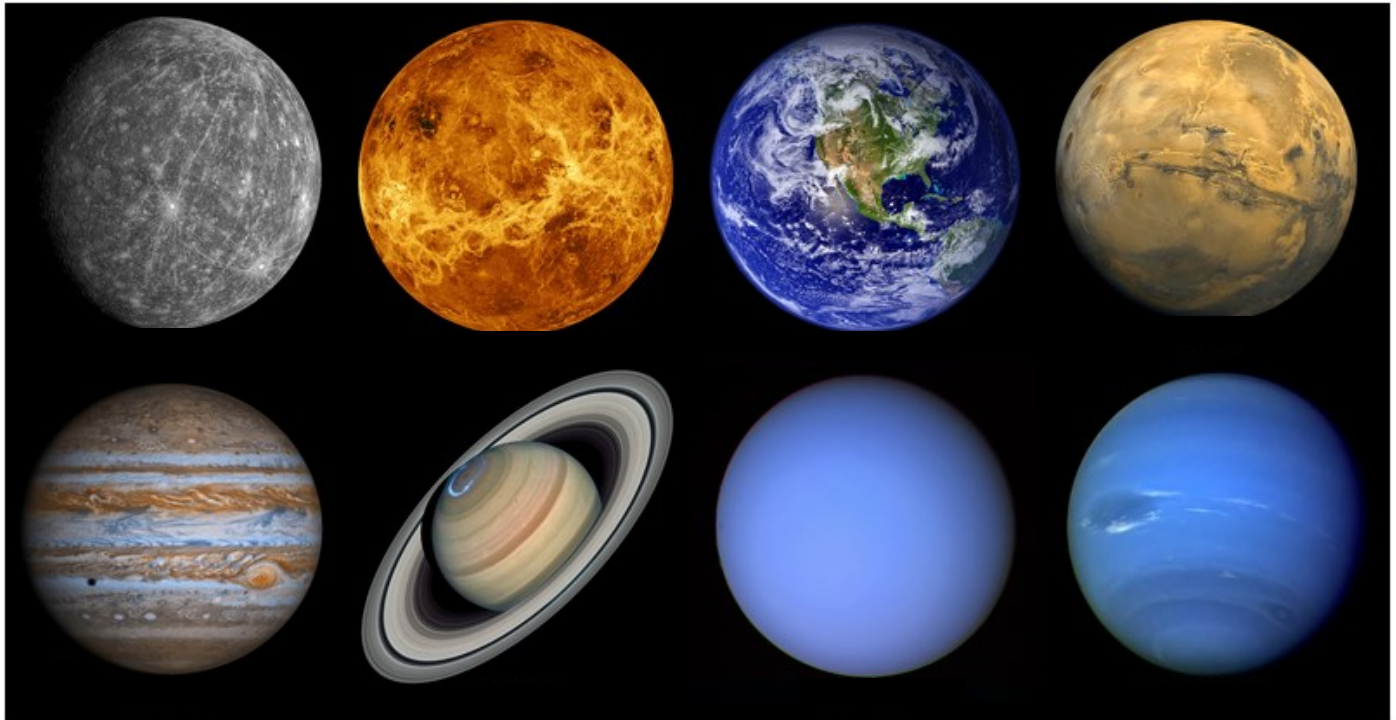
We would like to receive stories of your experiences in the accommodation during COVID-19 and will be selecting a number of them to go into future Distraction Packs. We will also be collecting and compiling them and thinking about how best to share these in the future. You can either add your name or 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 - Can you help Daisy find her lost objects?



Quiz 2 - Can you name these planets?



1.

5.

2.

6.

3.

7.

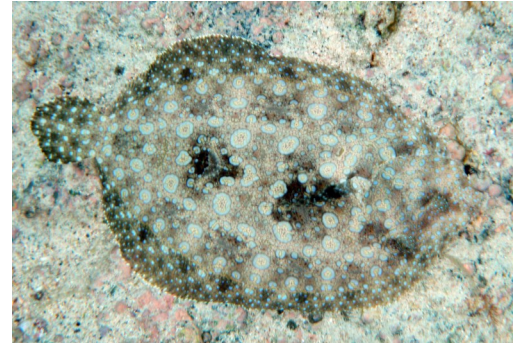
4.

8.



Creature Camouflage

Flounders are naturally brown. However, they can change colour to suit their surroundings. A flounder uses its vision and specialized cells inside the skin to change colour. The cells, in turn, have colour pigments and are linked to the eyes of the flounders. When a flounder moves to a new environment, the retina in the eyes capture the new colour. Consequently, the colour seen by the eyes are transmitted to the cells. The cells adjust the pigmentation to match the surface colour. Scientists have discovered that flounders depend entirely on their vision to change colour. When their eyes are damaged, then they have difficulties in camouflaging to their surrounding.



Spiders called flower spiders (or crab spiders) change their colour. They usually change colour to hide from their prey. Consequently, the spiders change colour to resemble the flower surface on which they sit through the reflection of light. Some spiders release

a yellow pigment that enhances their colour changing process. An example of a species of spider with such colour changing features is *Misumenoides formosipes* and *Misumena vatia*. The colour change from white to yellow takes 10-25 days. Hence, the flower spiders patiently wait for the completion of the process before they can attack their prey.



Squids are marine cephalopods. They possess two long tentacles and eight arms. An interesting fact about the squids is that their blood is blue. Furthermore, they have three hearts instead of one like other fish. The squids are uniquely beautiful and able to change colour. They change colour using chromatophores engraved in their skin. The purpose of changing colour is to match the surface they are on so that they can avoid predators. The camouflage also acts as a hunting tactic since it enables them to hide away from their prey.

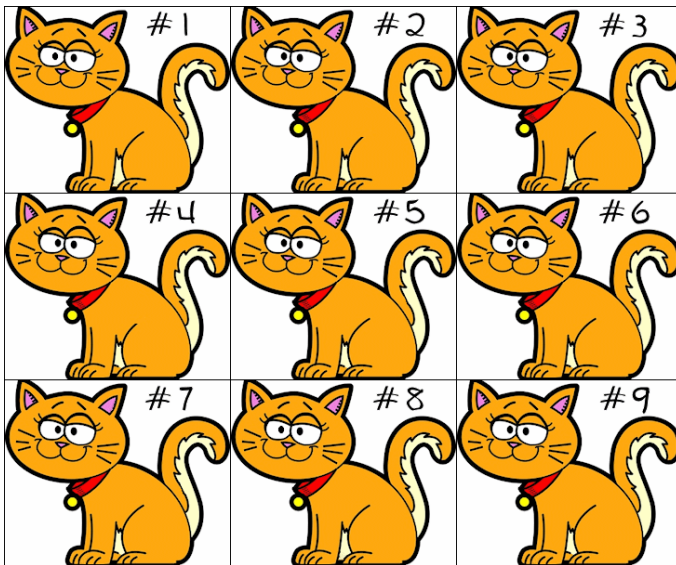
Activity - Puzzles



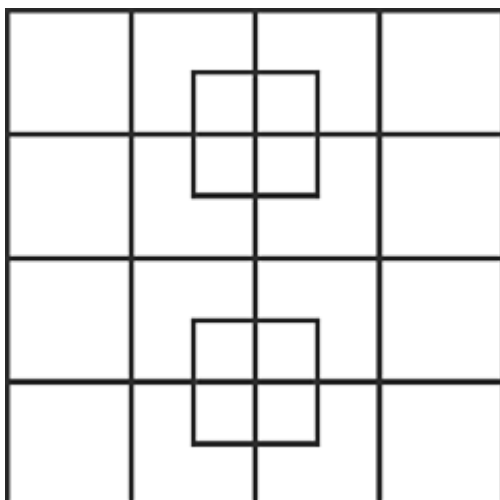
The image below shows a pool rack with 15 pool balls which fit perfectly within the rack (i.e. there is no extra space for any of the balls to move).

Note that the rack is slightly smaller than an actual/standard pool rack in which there is a small amount of space between the rack and the balls.

What is the maximum number of balls that can be removed from the rack such that the remaining balls are still immobilised (i.e. unable to move)?



There are two identical cats, can you find them?



How many squares can you count?

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**

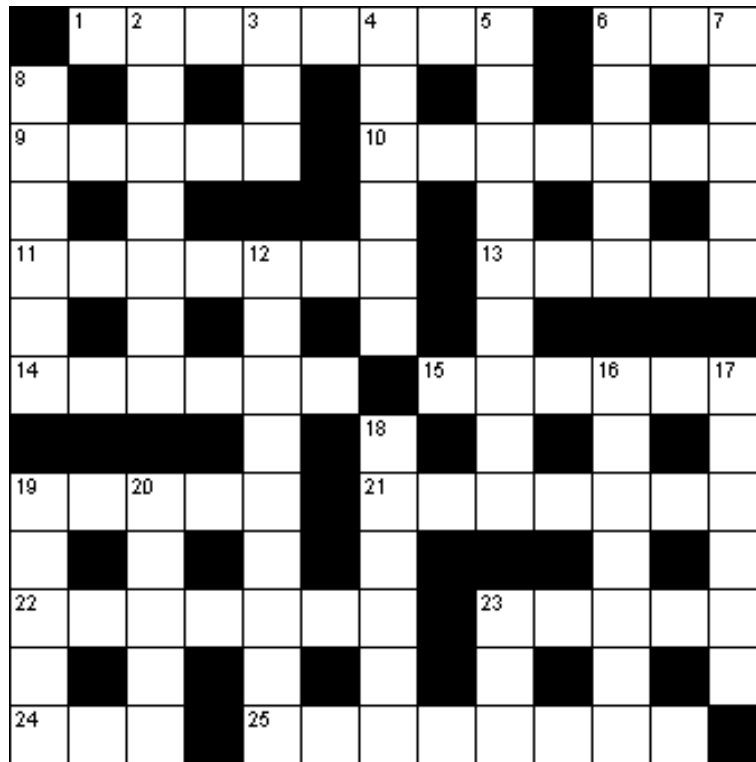
Will my GP share information about me?

- 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.healthy london.org/resource/homeless-health-during-covid-19/>

Activity - Crossword



Across

- 1 Scented (8)
- 6 Tear (3)
- 9 Spiral (5)
- 10 Disapprove strongly of (7)
- 11 Cut short (7)
- 13 Astound (5)
- 14 Playground item (6)
- 15 Important person (4-2)
- 19 Storehouse (5)
- 21 Appalling (7)
- 22 Legacy (7)
- 23 By oneself (5)
- 24 Regret (3)

Down

- 2 Make bigger (7)
- 3 Mend (3)
- 4 Interfere (6)
- 5 Moral corruption (9)
- 6 Spanish wine (5)
- 7 Portion (5)
- 8 Young birds (6)
- 12 Flat (9)
- 16 Poisonous plant (7)
- 17 Covering for a curtain rod (6)
- 18 Roof beam (6)
- 19 Exclude (5)
- 20 Feeling of resentment (5)

Quiz 3 - Sports

- 1 How many players are there in an ice hockey team?
- 2 Who was the youngest world heavyweight boxing champion?
- 3 In darts, how high off the floor must the bullseye measure?
- 4 Who scored the winning penalty in the 2006 world cup final?
- 5 In golf, what is meant by the term 'birdie'?
- 6 How many red balls are used in a game of snooker?
- 7 What was the name of the player who scored the final goal of the 1966 World Cup Finals?
- 8 In motor racing, which flag is waved to show the winner?
- 9 In tennis, what is the point score immediately after deuce?
- 10 What was the name of the England footballer to be the first European Footballer of the Year?
- 11 What is Zumba?
- 12 Which sport would be played during the Corbillon Cup?
- 13 The nickname 'The Georgia Peach' was given to which famous baseball player?
- 14 What is the official name of the Rugby World Cup trophy?
- 15 Which jockey won all seven races in one day at Ascot Racecourse in September 1996?



Activity - Word Search - Movies with one word titles

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

JAWS
 BRAVEHEART
 TITANIC
 ROCKY
 ALIEN
 WATCHMEN
 JUMANJI
 TWILIGHT
 ARMAGEDDON
 JUNO
 SAW
 HALLOWEEN
 ERAGON
 EVITA
 SEVEN
 TOOTSIE
 GREASE
 HANCOCK

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 4 - Who laid that egg?



1. Which small, ground dwelling game bird lays these spotted eggs?
- Partridge
 - Ostrich
 - Emu
 - Quail



2. According to a certain nursery rhyme, 24 of these birds that hatch from lovely green eggs can be baked in a pie?
- Blackbird
 - Robin
 - Thrush
 - Swallow



3. These eggs are from a particular bird with species called jackass, gentoo and chinstrap.
- Ostrich
 - Emu
 - Penguin
 - Cassowary



4. If we were to tell you the eggs in this picture were found in either Australia or Africa, could they be alligator eggs?
- Yes
 - No

Quiz 4 - Who laid that egg? continued



5. These eggs come from a certain bug which is known to eat cabbage. It is sometimes referred to as a calico bug or fire bug.
- Ladybird
 - Harlequin Bug
 - Firefly



6. The location of these eggs should give you a clue as to what type of animal laid them.
- Turtle
 - Eagle
 - Penguin



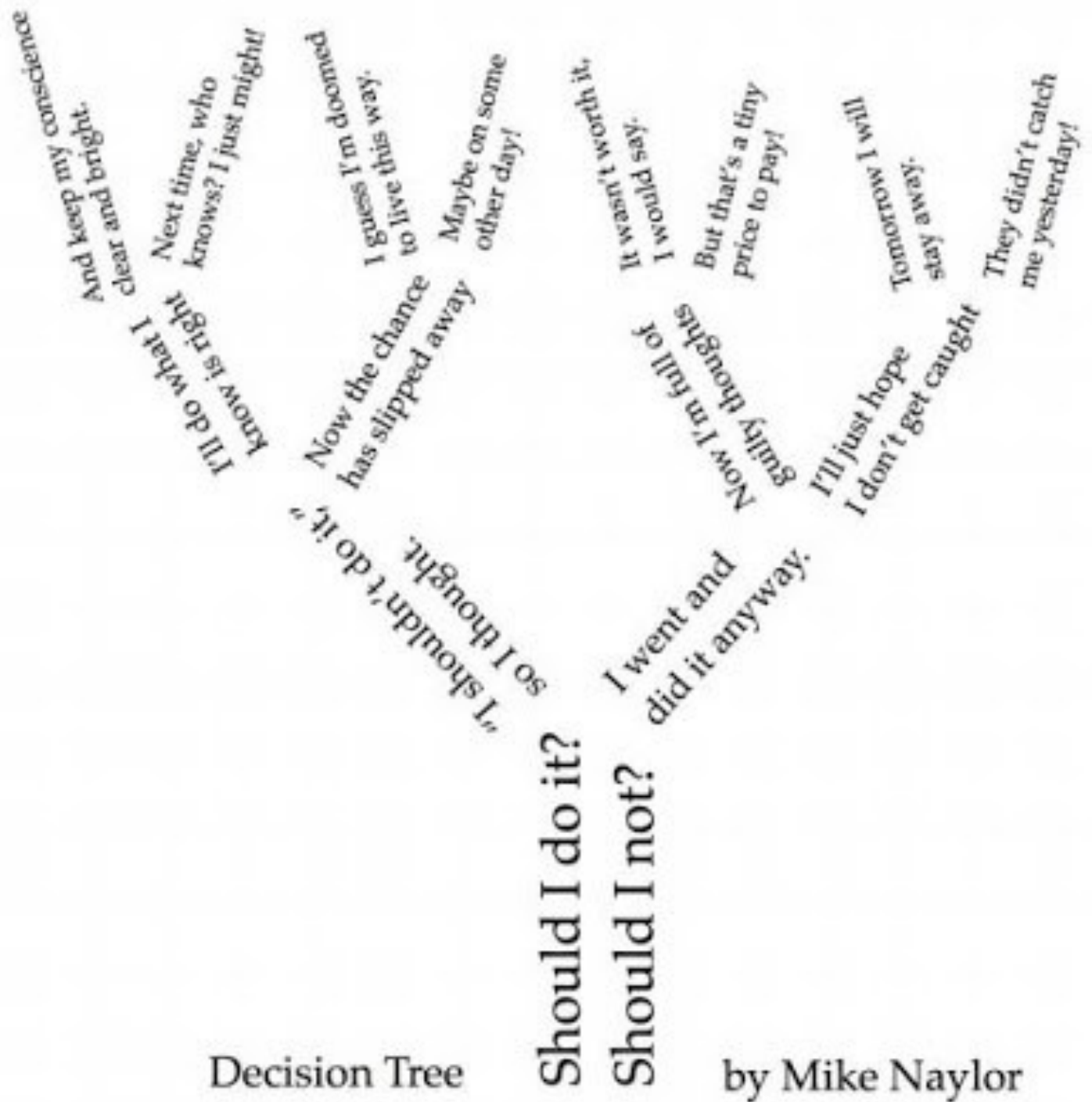
7. Here's a giant egg: in fact the largest laid by any land animal on the planet. Which bird was responsible for laying this egg?



8. These eggs are not laid by a bird. They are much softer than birds' eggs and most species lay them in soft sand or soil. They also abandon their eggs shortly after laying them. Which animal would this be?
- Snake
 - Platypus
 - Echidna
 - Tortoise

Visual Poetry

Decision Tree by Mike Naylor



Decision Tree

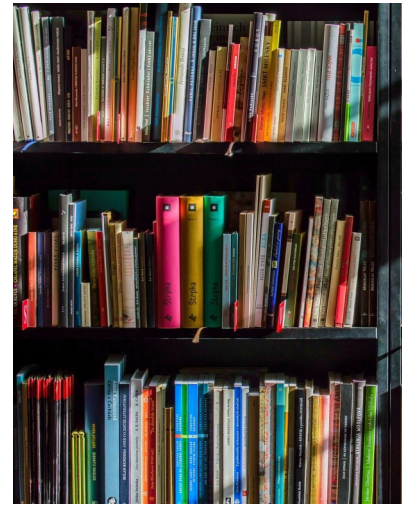
Should I do it?

Should I not?

by Mike Naylor

Quiz 5 - Authors

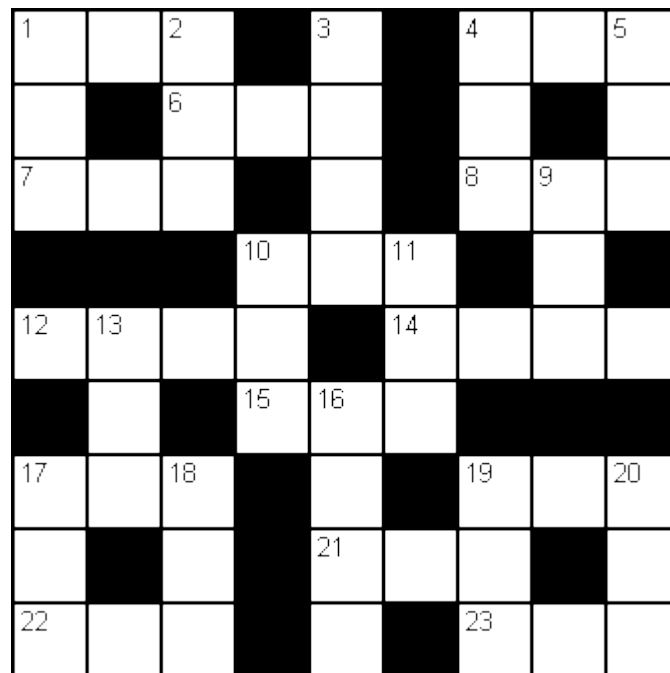
The vowels have been removed from these famous authors' names - can you work out who they are? The spacing has been changed to make it a bit more challenging!



1. JKRWL NG
2. JF FRYRCHR
3. RBRTL DLM
4. RL DDHL
5. JR RTLKN
6. RVNG WLLC
7. DNBR WN
8. MCH LCRC HTN
9. KNFLLTT
10. CLV CSSLR
11. CTHRN CK SN
12. RGRH RGRVS
13. WLB RSMTH
14. LSTR MCLN



Activity - Number Crossword



Across

1. Three times 19 down
4. 19 down minus five
6. 15 across plus eighty-three
7. 17 across minus 2
8. 18 down plus thirty-eight
10. 19 across minus sixty-six
12. 3 down plus forty-seven
14. 12 across doubled
15. 13 down minus 150
17. 20 down minus sixteen
19. 5 down minus 133
21. Minutes in four hours
22. Four times 4 across
23. Five times 10 down

Down

1. 12 across divided by eleven
2. 1 down plus twenty-five
3. Minutes in three days
4. Dozen in twelve gross
5. Seconds in five minutes
9. 17 down minus eleven
10. 11 down minus eight
11. Minutes in three hours
13. 3 down divided by twelve
16. 23 across doubled
17. 14 across divided by eleven
18. 4 down times three
19. Months in nine years
20. 3 down divided by six

Activity - Spot the difference

Can you find the 12 differences between these pictures?

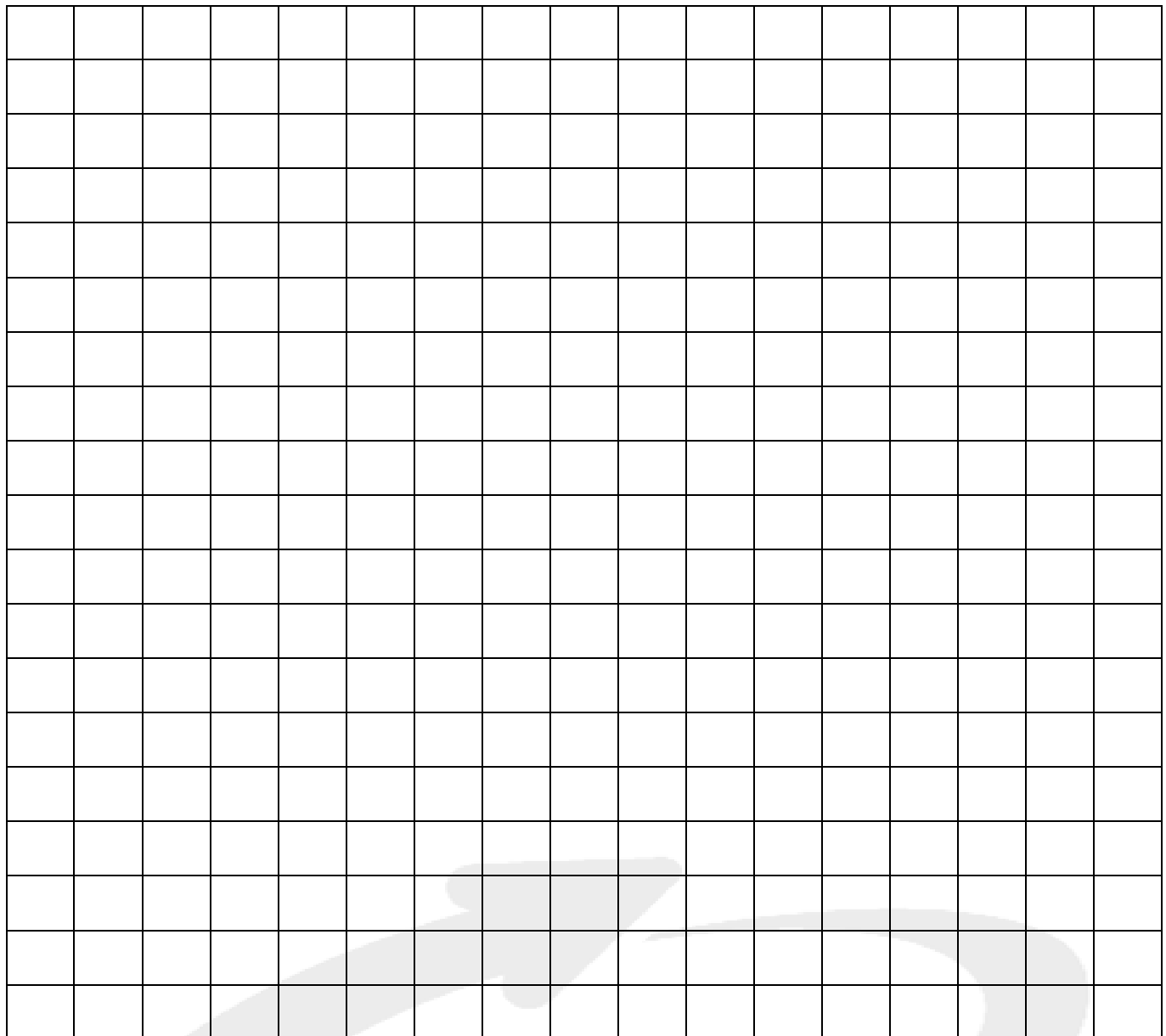


www.companypuzzles.com © 2002 Bonnie J. Malcom



Activity - Blank Word Search - Trees

Try and create your own Word Search using the grid and words below.



- | | | | |
|--------------|---------------|-------------|--------------|
| Oak | Holly | Maple | Eucalyptus |
| Sycamore | Ash | Blue Spruce | Hawthorn |
| Copper Beech | Monkey Puzzle | Larch | Juniper |
| Silver Birch | Hornbeam | Camphor | London Plane |
| Rowan | Willow | Chestnut | Poplar |

Quiz 6 - Beatles' song titles - Anagrams

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



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

Activity - Arrows Crossword

Musical instrument		Racket		Afresh		Curious	Claim		Wane		Charge	
Overseas							Mature				Jump	
						Suitable for farming						
						Unused						
Aquatic birds		Blue-violet							Insect			
		Expel							Parallel of latitude			
					Quick and skillful					Division of quantity		Swarm
					Result							
Expert	Gem						Burst out					
	Naive											
			Twitch	Famous admiral							Novel	
Perform				Spell		Lair	Backbone					
Height							Long poem					
								Part of a list				
Constrictor		Crawl						Fibber		Languish		Unit of power
		Desiccated										
			Single number		Nothing				Ruminant food		Rumpus	
					Sticky substance							
Incorrect						Noisy insect						
Claim back	Become liable to						Inspect accounts					
						Fervid						

Activity - Sudoku

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

EASY



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

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

MEDIUM



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

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

HARD



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

Activity - Sudoku

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

EASY



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

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

MEDIUM



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

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

HARD



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

Answers

Quiz 1 - Name the chocolate bar?

- | | | |
|--------------|------------------|-----------------|
| 1. Twix | 5. Double Decker | 9. Toffee Crisp |
| 2. Mars | 6. Snickers | 10. Lion Bar |
| 3. Mint Aero | 7. Wispa | 11. Flake |
| 4. Bounty | 8. Boost | 12. Crunchie |

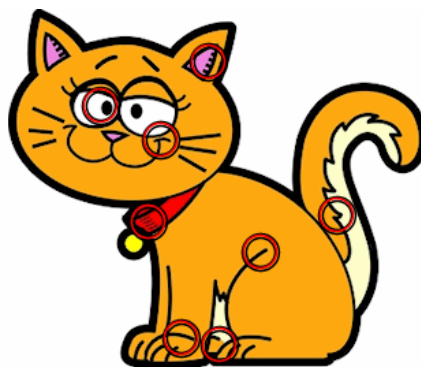
Quiz 2 - Can you name these planets?

- | | |
|------------|------------|
| 1. Mercury | 5. Jupiter |
| 2. Venus | 6. Saturn |
| 3. Earth | 7. Uranus |
| 4. Mars | 8. Neptune |

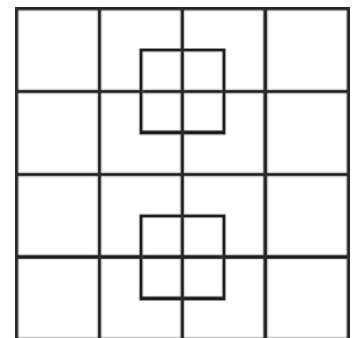
Activity - Puzzles



6 is the maximum number of balls that can be removed.



2 and 4 are identical



There are 40 squares

Quiz 3 - Sports

- | | | |
|------------------|--|-----------------------------------|
| 1. Six | 7. Geoff Hurst | 12. Table Tennis |
| 2. Mike Tyson | 8. A black and white chequered flag | 13. Ty Cob |
| 3. 5' 8" | 9. Advantage | 14. The William Webb Ellis Trophy |
| 4. Fabio Grosso | 10. Stanley Matthews | 15. Frankie Dettori |
| 5. One under par | 11. A Latin inspired dance-based workout | |
| 6. 15 | | |

Answers

Activity - Crossword



Quiz 4 - Who laid that egg?

- | | |
|---|--------------|
| 1. Quail | 5. Harlequin |
| 2. Blackbird | 6. Turtle |
| 3. Penguin | 7. Ostrich |
| 4. Crocodile - Alligators can be found in North America and China, but not Africa or Australia. | 8. Snake |

Quiz 5 - Authors

- | | |
|-------------------|-----------------------|
| 1. J K Rowling | 8. Michael Crichton |
| 2. Jeffrey Archer | 9. Ken Follett |
| 3. Robert Ludlum | 10. Clive Cussler |
| 4. Roald Dahl | 11. Catherine Cookson |
| 5. J R R Tolkien | 12. Roger Hargreaves |
| 6. Irving Wallace | 13. Wilbur Smith |
| 7. Dan Brown | 14. Alistair MacLean |

Answers

Activity - Spot the Difference

1. Buckle on saddle is missing
2. Tree on horizon is missing
3. Flower on cactus is missing
4. Top of sombrero is coloured in
5. Top of saddle pattern is coloured in
6. Top of pyramid is coloured in
7. Cactus has moved
8. Top leaf on branch at left has moved
9. Brim on sombrero is wider
10. Stripe on shirt sleeve is taller
11. Rope is longer
12. Walking cane is taller

Activity - Number Crossword

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

Quiz 6 - Beatles' song title anagrams

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

Answers

Activity - Arrows Crossword

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

Answers

Sudoku

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

EASY



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

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

MEDIUM



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

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

HARD



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

Answers

Sudoku

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

EASY



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

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

MEDIUM



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

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

HARD



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