

'food for thought'

Issue 17



Your Distraction Pack



Welcome to the 17th 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 26!



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



**ONE SMALL
POSITIVE
THOUGHT**
in the morning
**CAN CHANGE THE ENTIRE
OUTCOME OF YOUR DAY!**



Quiz 1 - Tom Cruise Movies



1. **Name the movie in which Tom Cruise plays a disenchanting and disabled veteran.**
 - a. War of the Worlds
 - b. Taps
 - c. Born on the 4th July
 - d. The Last Samurai

2. **Cruise received an Academy Award nomination for playing the titular lead character in this 1996 film.**
 - a. Jerry Maguire
 - b. Rain Man
 - c. Jack Reacher
 - d. Vanilla Sky

3. **In one of his earlier roles, Cruise's character, Steve Randall, works at a gas station with Sodapops. He says: "Ain't nobody gonna call the fuzz in this neighbourhood! Cause they know better!" Which film is it?**
 - a. Losin' It
 - b. Taps
 - c. The Outsiders
 - d. Risky Business

4. **Identify the period piece in which Cruise plays an Irish immigrant Joseph Donnelly trying to escape poverty. Nicole Kidman, who was his co-star and wife, plays his companion in it.**
 - a. Far and Away
 - b. Knight and Day
 - c. Eyes Wide Shut
 - d. The Color of Money

5. **What is the movie wherein Cruise is Les Grossman, an aggressive studio executive?**
 - a. Tropic Thunder
 - b. Cocktail
 - c. Rock of Ages
 - d. Risky Business

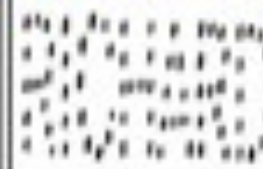
6. **Which "Mission Impossible" movie from 2000 features Cruise as IMF Agent Ethan Hunt trying to prevent a potential pandemic called "Chimera" and protect his thieving love interest?**
 - a. Mission Impossible III
 - b. Mission Impossible II
 - c. Mission Impossible—Ghost Protocol
 - d. Mission Impossible

7. **What is the movie in which Cruise plays an aspiring ace fighter pilot?**
 - a. Days of Thunder
 - b. Top Gun
 - c. Vanilla Sky
 - d. Valkyrie

8. **Cruise was a military man in this 1992 movie. He is defending a couple of marines, but according to one witness, he is unable to deal with actual conditions. Which movie is it?**
 - a. A few good men
 - b. The Firm
 - c. Valkyrie
 - d. All the Right Moves

Activity - Dingbats

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

<p>SP IT</p>	<p>W N E S</p>	<p>SLAP L ✓</p>	
01	02	03	04
<p>VIOLE_T</p>	<p>NOTIC</p>	<p>CYCLE CYCLE CYCLE</p>	<p>2345 67890</p>
05	06	07	08
<p>READING</p>	<p>cⁱ iⁱ</p>	<p>TENT GENT</p>	<p>HOROBOD</p>
09	10	11	12



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.



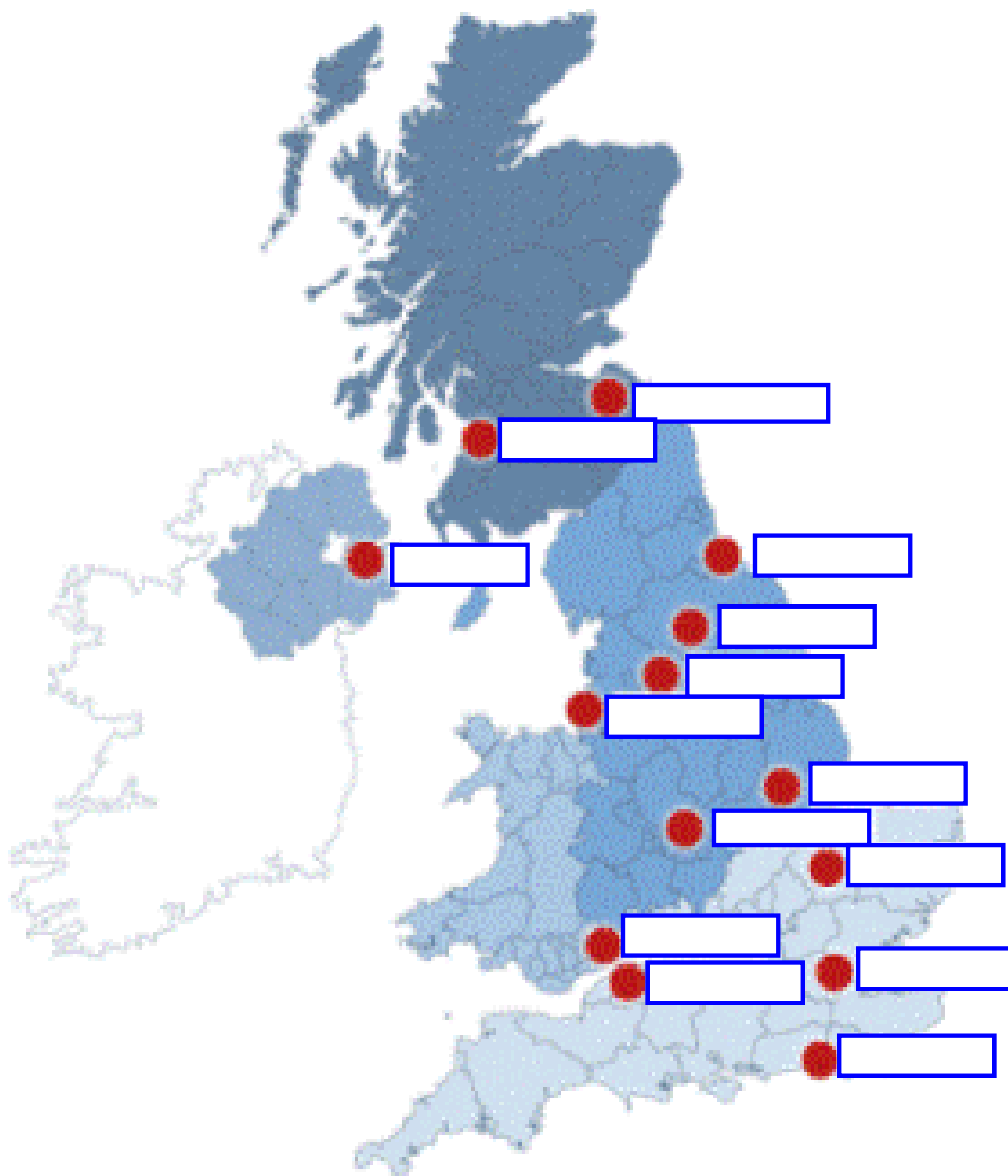
Activity - Spot the Difference - can you find the 10 differences?



Image printed on www.supercoloring.com - for personal use only - reproduction is prohibited

Quiz 2 - UK Cities

Can you name these UK cities and guess their populations which are listed on the next page?



Quiz 2 - UK Cities continued

City	Population
	7,556,900
	984,333
	455,123
	591,620
	685,368
	864,122
	158,434
	464,990
	395,515
	617,280
	729,977
	229,700
	447,287
	192,382
	591,620
	274,770

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.

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

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

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

Activity - Colouring

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





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 3 - Monopoly

How well do you remember the game of Monopoly?

1. How much does it cost to get out of jail?
2. This monopoly property features in some of the Harry Potter novels. It is a part of which set?
3. How much does each Monopoly station cost?
4. How many squares are on the Monopoly board?
5. Name the three streets in the Orange set.
6. This square is known as "Theatreland", where you can purchase same-day theatre tickets for half price. What colour is it?
7. How much does Old Kent Road cost?
8. What are the two sets of pick-up cards called?
9. How much does it cost to buy Trafalgar Square?
10. How much does one house cost on Mayfair and Park Lane?
11. What colour are the hotels?
12. What colour are Pentonville Road, Euston Road and The Angel Islington?
13. What streets make up the green set?
14. What square is diagonally opposite "GO"?



Activity - A word Ladder is a sequence of words formed by changing just one letter each time. For example: CAT - COT - DOT - DOG. Can you find the missing words? Use the clues if you get stuck.

HANDS



- Domains
- Paths
- Diminishes
- Desires
- Delays
- Legal Documents
- Hot cereal
- Clutches
- Complain
- Fumble
- Orchard

GLOVE

TIGER

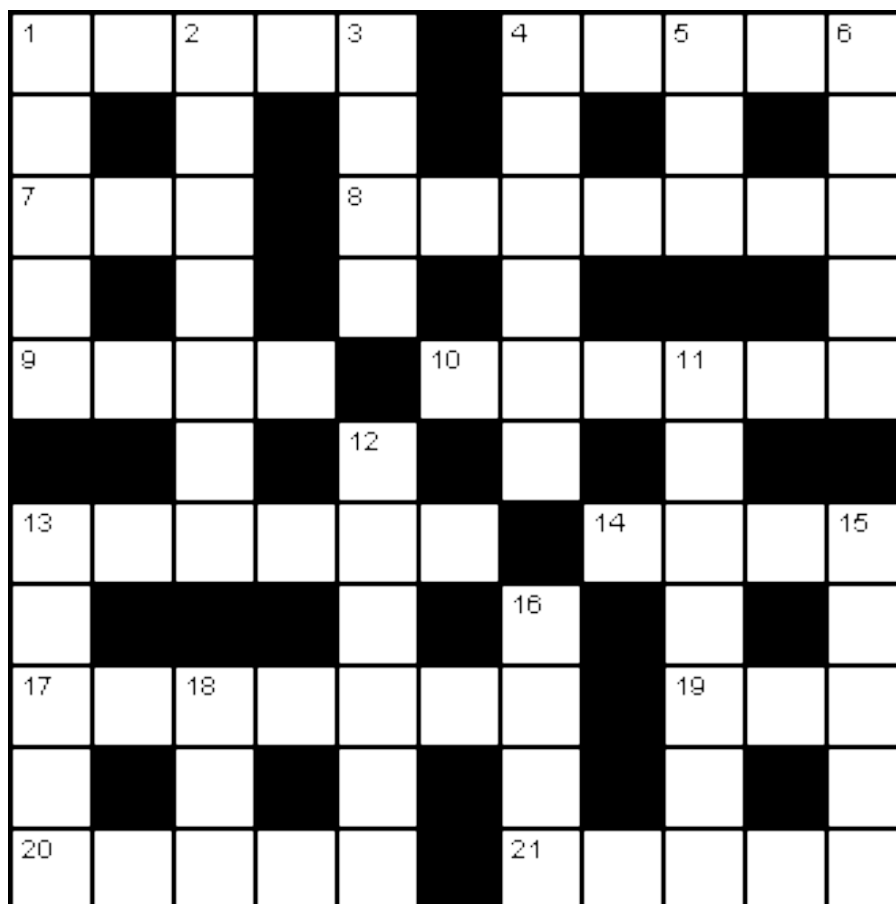


- Measuring device
- Multiplication
- Becomes weary
- Fathers
- Blains
- Varieties
- Garrisons
- Strong suit
- Counterfeit
- Deep ravine
- Shrub

HORSE



Activity - Crossword



ACROSS

- 1 Concern (5)
- 4 Maxim (5)
- 7 Fruit (3)
- 8 Responded (7)
- 9 Chess piece (4)
- 10 Writer (6)
- 13 Sagacity (6)
- 14 Leave out (4)
- 17 Decorate food (7)
- 19 Beverage (3)
- 20 Stitched (5)
- 21 Travesty (5)

DOWN

- 1 Thin biscuit (5)
- 2 Areas (7)
- 3 Tall story (4)
- 4 Counting device (6)
- 5 Perform (3)
- 6 Duck (5)
- 11 Short-tailed burrowing rodent (7)
- 12 Aped (6)
- 13 Earnings (5)
- 15 Search and find (5)
- 16 Professional cook (4)
- 18 Uncooked (3)

Amazing facts about our world

Yellowstone National Park is actually a huge volcano. Its most recent eruption was before humans lived. It hurled ash all the way to the Gulf of Mexico.



The only sea on Earth that is defined by ocean currents rather than a land border is the Sargasso Sea, which is located near Bermuda in the Atlantic Ocean. Its border is actually several ocean currents, which create a large area of still water full of floating seaweed.

The tallest waterfall on Earth is Angel Falls, which is 3,212 feet high. It is as tall as a 300-story building.

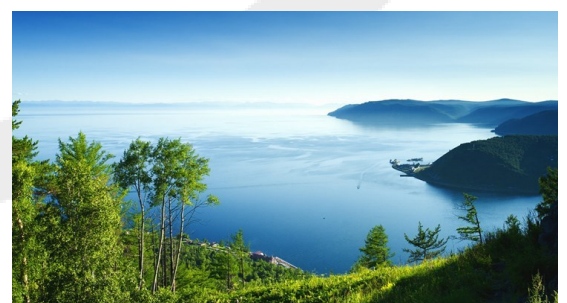


The closest point to space on Earth is not Mount Everest. Rather it is Mount Chimborazo, a 20,000 plus foot mountain in the Andes. Even though Mount Everest is taller from sea level, Mount Chimborazo sits higher on Earth's bulge.

One of Earth's most toxic plants is the yew tree. Every part of the tree is poisonous, except its berries.

There are no black flowers on earth, though some are very dark shades of purple or red.

Lake Baikal in Russia holds 20% of Earth's unfrozen freshwater. It is the deepest and oldest (approx. 25 millions years) lake in the world.



Amazing facts about our world continued

The largest flower (10' - 15') on Earth is also the smelliest. Native to Sumatra, the corpse flower smells like rotting flesh.



The tallest known tree on Earth is a redwood tree in a California forest. Nick-named "Hyperion," it is about twice as tall as the Statue of Liberty, at 380 feet high.

Earth's rapid rotation coupled with its nickel-iron core creates a powerful magnetic field. The field protects the Earth from damaging solar winds.

Antarctica holds about 90% of the Earth's ice and 70% of Earth's fresh water.

The Great Barrier Reef (photo) in Australia is the largest living structure on Earth.



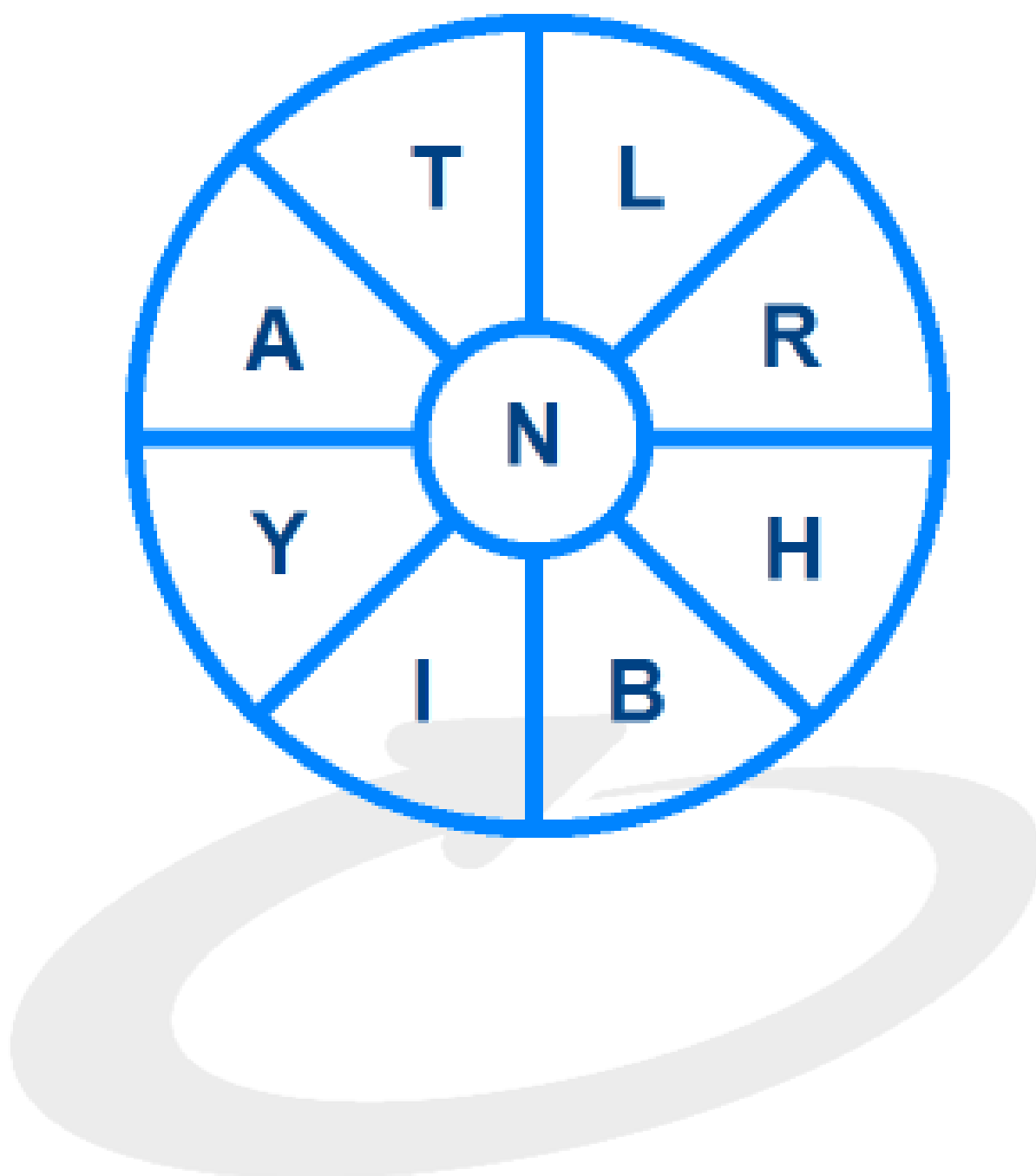
The world's largest desert, outside of the polar regions, is the Sahara Desert. This massive desert covers about 1/3 of Africa.

The Nile and Amazon Rivers have variously been called the world's largest river; however, the Amazon River carries the greatest volume of water.

On average, the Atlantic Ocean is the saltiest of all of Earth's major oceans.

Activity - Word Wheel

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



Activity - Languages

Below is the translation of “Hello, how are you?” in a number of European languages - can you work out which they are?

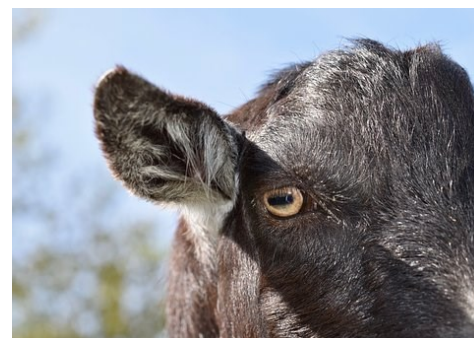


1. Witam, jak się masz?
2. Olá como vai você?
3. Szia, hogy vagy?
4. Dia duit, conas atá tú?
5. Hej hur mår du?
6. Hallo hoe gaat het?
7. Hallo wie geht's dir?
8. Živjo kako si?
9. Helo sut wyt ti?
10. Salut comment allez-vous?
11. Merhaba nasılsın?
12. Ciao, come stai?



Eye, Eye! Some astonishing facts about eyes

1. Shark corneas are similar to human corneas, which is why they have been used in human transplants.
2. A worm has no eyes at all.
3. An owl can see a moving mouse more than 150 feet away.
4. Guinea pigs are born with their eyes open.
5. Scorpions can have as many as 12 eyes, but the box jellyfish has 24.
6. Camels have three eyelids. This is to protect their eyes from sand blowing in the desert.
7. Most hamsters only blink one eye at a time.
8. Owls are the only bird which can see the colour blue.
9. Goats have rectangular pupils to give them a wide field of vision.
10. A scallop has around 100 eyes around the edge of its shell to detect predators.
11. Snakes have two sets of eyes – one set used to see, and the other to detect heat and movement. They also don't have eyelids, just a thin membrane covering the eye.
12. The four-eyed fish can see both above and below water at the same time.
13. Owls cannot move their eyeballs – which has led to the distinctive way they turn their heads almost all the way around.
14. A dragonfly has 30,000 lenses in its eyes, assisting them with motion detection and making them very difficult for predators to kill.
15. Dolphins sleep with one eye open.
16. The largest eye on the planet belongs to the Colossal Squid, and measures around 27cm across.
17. Geckos can see colours around 350 times better than a human, even in dim lighting.
18. The eyes of a chameleon are independent from each other, allowing it to look in two different directions at once.



Eye, Eye! Some astonishing facts about eyes continued

19. A camel's eyelashes can measure up to 10cm long, to protect its eyelashes from blowing sand and debris in the desert.
20. An ostrich's eye is bigger than its brain.
21. Dogs can't distinguish between red and green.
22. Polar bears have a third eyelid that helps filter UV light.
23. Human eyes are not the most highly evolved. The mantis shrimp has four times as many colour receptors as the human eye and some can see ultra-violet light.
24. Pigeons can see millions of different hues, and have better colour vision than most animals on earth.
25. Cat's eyes have almost 285 degrees of sight in three dimensions – ideal peripheral vision for hunting.
26. Although colour blind, cuttlefish can perceive light polarisation, which enhances their perception of contrast.
27. A moth's eyes are covered with a water-repellent, anti-reflective coating.
28. An ant only has two eyes, but each eye contains lots of smaller eyes, giving it a "compound eye."
29. Eagles have 1 million light-sensitive cells per square mm of the retina – humans only have 200,000.
30. A honeybee's eye is made of thousands of small lenses. A drone may have up to 8,600 and the queen bee can have 3,000-4,000 lenses.
31. The night vision of tigers is 6 times better than humans.
32. Eyes on horses and zebras point sideways, giving them tremendous peripheral vision, to the point of almost being able to see behind them, but it also means they have a blind spot right in front of their noses.



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

Healthy London
Partnership



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/>

Where will your imagination take you?

“Live out of your imagination, not your history.”
Stephen R. Covey

The Power of Imagination - by Remez Sasson

Imagination is the ability to form a mental image of something that is not perceived through the five senses. It is the ability of the mind to build mental scenes, objects or events that do not exist, are not present, or have happened in the past.

Everyone possesses a certain degree of imagination ability. The imagination manifests in various degrees in various people. In some, it is highly developed, and in others, it manifests in a weaker form.

Imagination makes it possible to experience a whole world inside the mind. It gives the ability to look at any situation from a different point of view and to mentally explore the past and the future.

This ability manifests in various forms, one of which is daydreaming. Though too much idle daydreaming may make one impractical, a certain degree of daydreaming, while not being engaged in something that requires attention, provides temporary happiness, calmness and relief from stress.

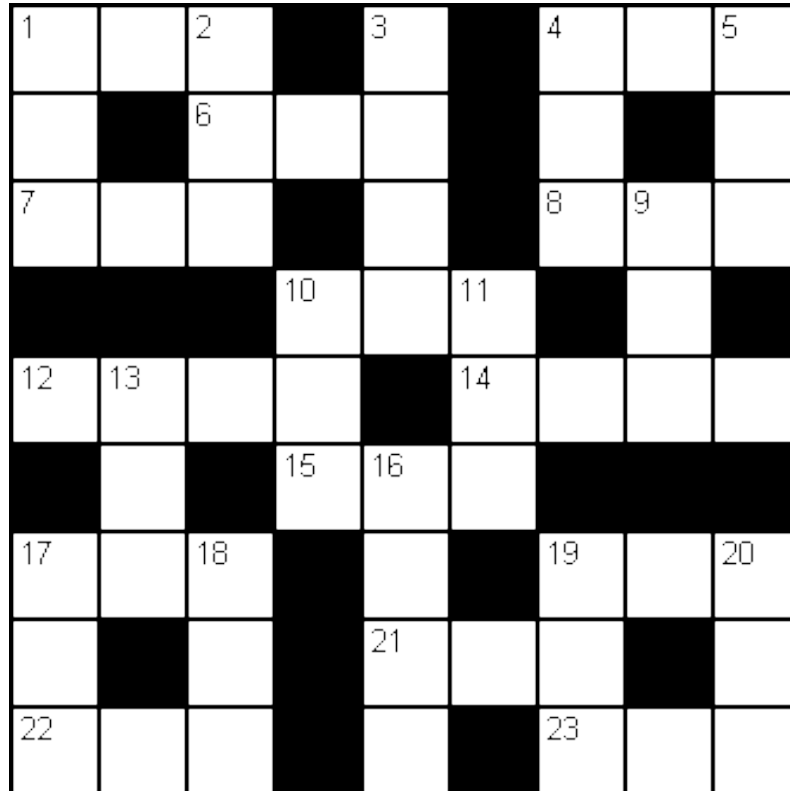
In your imagination, you can travel anywhere in the speed of light, without any obstacles. It can make you feel free, though temporarily, and only in the mind, from tasks, difficulties and unpleasant circumstances.

Imagination is not limited only to seeing pictures in the mind. It includes all the five senses and the feelings. One can imagine a sound, taste, smell, a physical sensation or a feeling or emotion. For some people it is easier to see mental pictures, others find it easier to imagine a feeling, and some are more comfortable imagining the sensation of one of the five senses. Training of the imagination gives the ability to combine all the senses.

A developed and strong imagination does not make you a daydreamer and impractical. On the contrary, it strengthens your creative abilities, and is a great tool for recreating and remodelling your world and life.



Quiz 5 - Number Crossword



ACROSS

1. 12 across divided by nine
4. 13 down minus twenty-nine
6. 19 across times three
7. 19 down times four
8. 7 across minus twenty-six
10. 20 down plus forty-one
12. 6 across times eight
14. 13 down times eleven
15. 18 down doubled
17. 17 down minus twenty-seven
19. 11 down doubled
21. Seconds in four minutes
22. 8 across plus ninety-six
23. Four times 21 across

DOWN

1. 22 across minus 128
2. 10 across plus fifteen
3. Nine gross
4. 2 down minus 188
5. Five score
9. Dozen in ten gross
10. 17 across minus thirty-seven
11. Months in eleven years
13. Minutes in five hours
16. Twelve gross
17. 15 across plus seventeen
18. 21 across plus sixteen
19. 4 across minus sixty-two
20. Seconds in seven minutes

Activity - Sudoku

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

EASY



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

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

MEDIUM



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

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

HARD



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

Answers

Quiz 1 - Tom Cruise Movies

1. c. Born on the 4th July
2. a. Jerry Maguire
3. c. The Outsiders
4. a. Far and Away
5. a. Tropic Thunder
6. b. Mission Impossible II
7. b. Top Gun
8. a. A Few Good Men

Activity - Dingbats

1. Spit it out
2. South of the border
3. Slap and tickle
4. Spotted Dick
5. Shrinking Violet
6. Short Notice
7. Tricycle
8. Room for one more
9. Reading between the lines
10. Seeing eye to eye
11. Man undercover
12. Robin Hood

Activity - Spot the difference

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

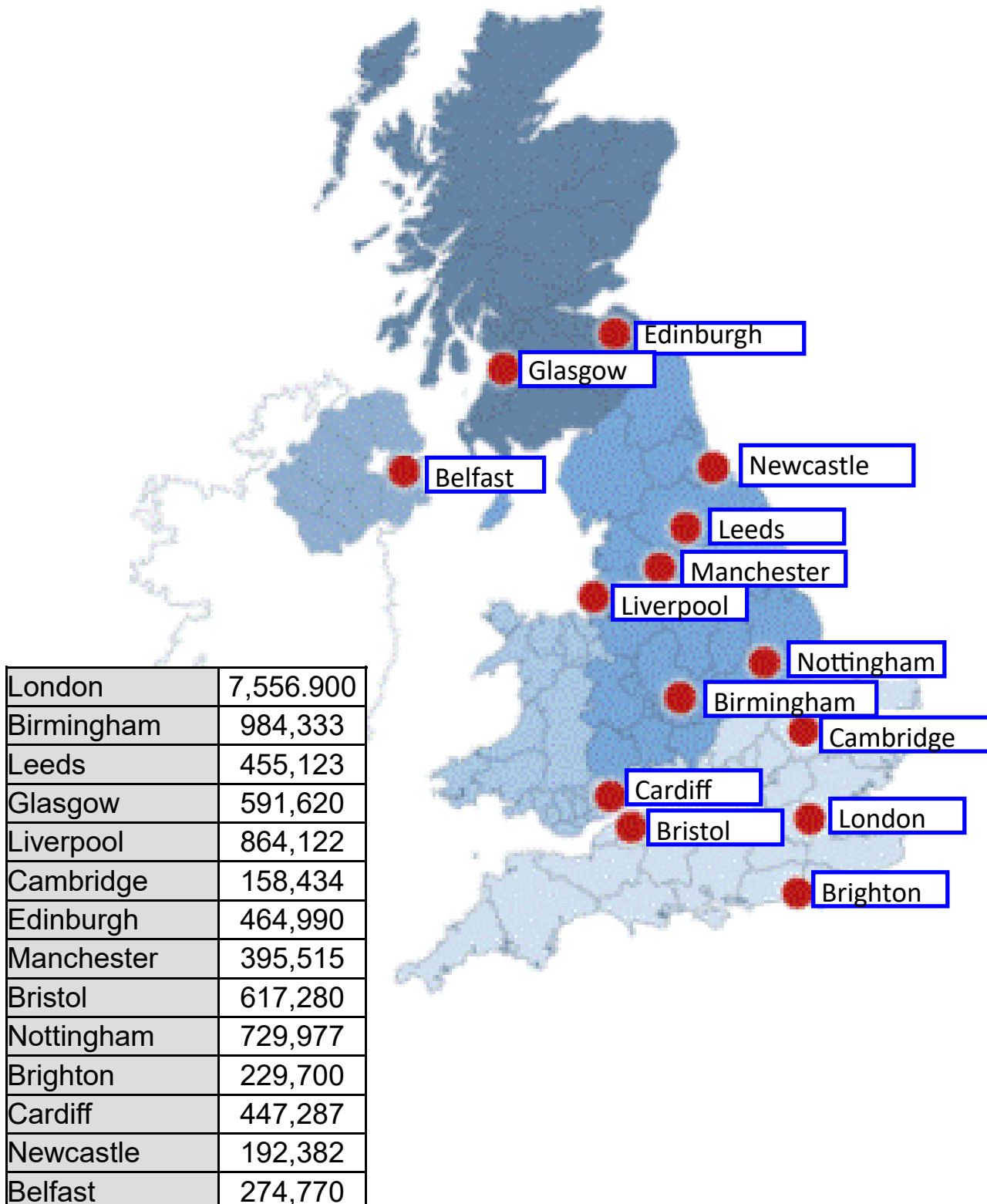
Activity - Word Ladder

HANDS, LANDS, LANES, WANES, WANTS, WAITS, WRITS, GRITS, GRIPS, GRIPE, GROPE, GROVE, GLOVE

TIGER, TIMER, TIMES, TIRES, SIRES, SORES, SORTS, FORTS, FORTE, FORGE, GORGE, GORSE, HORSE

Answers

Quiz 2 - UK cities



Activity - Codeword

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

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

Quiz 3 - Monopoly

- £50 or rolling doubles on the dice or using a “get out of jail free” card if you have one
- Kings Cross Station
- £200
- 40
- Bow Street, Marlborough Street, Vine Street
- Yellow - Leicester Square.
- £60
- Community Chest and Chance
- £240
- £200
- Red
- Blue
- Regent Street, Oxford Street & Bond Street
- Free Parking

Answers

Activity - Crossword

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

Activity - Word Wheel

9 letter word - LABYRINTH

Some words of four letters or more containing the hub letter N that you may have found:

Anil, anti, barn, hint, lain, lint, nail, nary, rain, rani, rant, tarn, than, thin, tiny, yarn, bairn (Scot), blain, brain, briny, inlay, rainy, train, binary, in-tray, litany, rhinal, thinly

Activity - Languages - Hello, how are you?

- | | | |
|---------------|--------------|-------------|
| 1. Polish | 5. Swedish | 9. Welsh |
| 2. Portuguese | 6. Dutch | 10. French |
| 3. Hungarian | 7. German | 11. Turkish |
| 4. Irish | 8. Slovenian | 12. Italian |

Activity - Number Crossword

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

Answers - Sudoku

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

EASY



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

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

MEDIUM



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

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

HARD



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