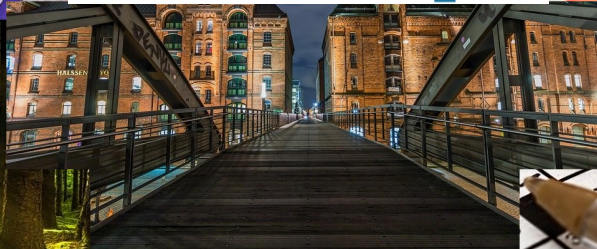
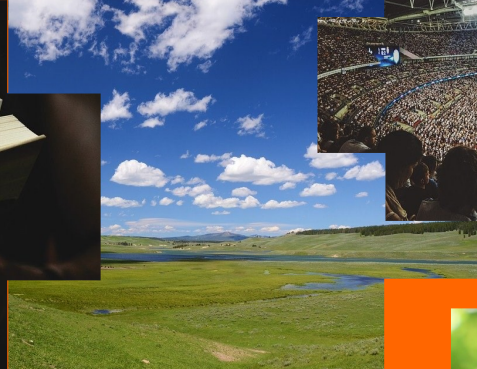
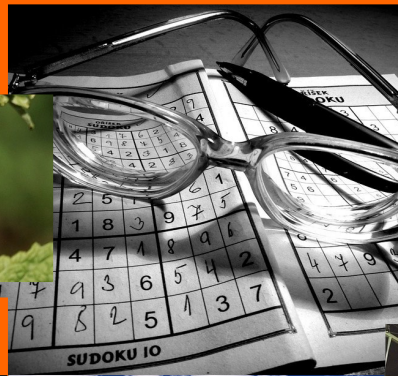


# 'food for thought'

## Issue 24

### Your Distraction Pack



Welcome to 24th issue of 'food for thought'.

***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 22!



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](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 tongue has no bones, but is strong enough to break a heart. So be careful with your words.

## Quiz 1 - Colours



1. In the 1991 film, what colour were the fried tomatoes made at the Whistle Stop Café?
2. What colour is Manchester United's home kit?
3. Billie Joe Armstrong, Mike Dirnt and Tré Cool are three of the members of which 'colourful' rock band?
4. Amy Winehouse had a hit with "Back to ....."
5. Zadie Smith's multi-award winning novel of the year 2000 had a colour in the title, what was the book called?
6. What type of creature is a yellow-shafted Flicker?
7. Will Smith and Tommy Lee Jones starred a series of well-known films "-----"
8. There are four seas named after colours; what are they?
9. The precious stone Lapis Lazuli is which colour?
10. E.L.James wrote a book in 2011 entitled "Fifty Shades of ..."

## Activity - colouring

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





## Classic Sports Commentator Quotes

"There have been injuries and deaths in boxing, but none of them serious".  
(*Alan Minter*)

"Watch the time. It gives you an indication of how fast they are running". (*Ron Pickering*)

"Just under 10 seconds for Nigel Mansel. Call it 9.5 seconds in round numbers". (*Murray Walker*)

"A brain scan revealed that Andrew Caddick is not suffering from stress fracture of the shin." (*Jo Sheldon*)

"That's inches away from being millimetre perfect." (*Ted Lowe*)

"I'll fight Lloyd Honeyghan for nothing if the price is right." (*Marlon Starling*)

"If history repeats itself, I should think we can expect the same thing again".  
(*Terry Venables*)

"The Queen's Park Oval, exactly as its name suggests, is absolutely round." (*Tony Crozier*)

"This is really a lovely horse, I once rode her mother." (*Ted Walsh - Horse Racing Commentator*)

"I can't tell who's leading. It's either Oxford or Cambridge." (*John Snagge - Boat Race between Oxford and Cambridge*)



# Please come and register with your local GP

The NHS is here to support you and keep you safe

## You do not need:

- ✗ proof of address or ID
- ✗ proof of immigration status
- ✗ an NHS number

## How do I register with a GP?

- ✓ Find a GP and more information at [www.nhs.uk/register](http://www.nhs.uk/register)
- ✓ Telephone your local GP surgery and ask to be registered as a patient



The NHS is here to help and to keep you safe and well

## Quiz 2 - Spitting Images

One of the most-watched shows of the 1980s and early 1990s, the Spitting Image series was a satire of politics, entertainment, sport and British culture of the era, and at its peak was watched by 15 million people. The series was cancelled in 1996, after viewing figures declined.

Do you recognise these faces?





## Poem

“My mum helped my brother through his fight with a brain tumour over 18 yrs. When he did pass, she felt life wasn't worth living without him and went into a spiralling depression. No one knew what to say to her other than the usual things to support someone you love. So I thought I'd try to write what she was feeling and gave it to her to let her know I understood”.

## Traffic Light

© Linda Grantham

This traffic light inside my head  
Is always green and never red.  
My thoughts, my dreams, and all my fears  
They all speed past my listening ears.

I close my eyes to block it out  
But inside my head they rush about.  
I take a breath to slow it down  
But upon my face appears a frown.

My heart beats fast  
But my breathing slows.  
I breathe in life  
Then out it goes.

My body's numb  
Yet I feel my tears.  
I've lost count of the days  
The months and the years.

This traffic light  
Inside my head.....  
I'm scared of the day  
When it turns red.

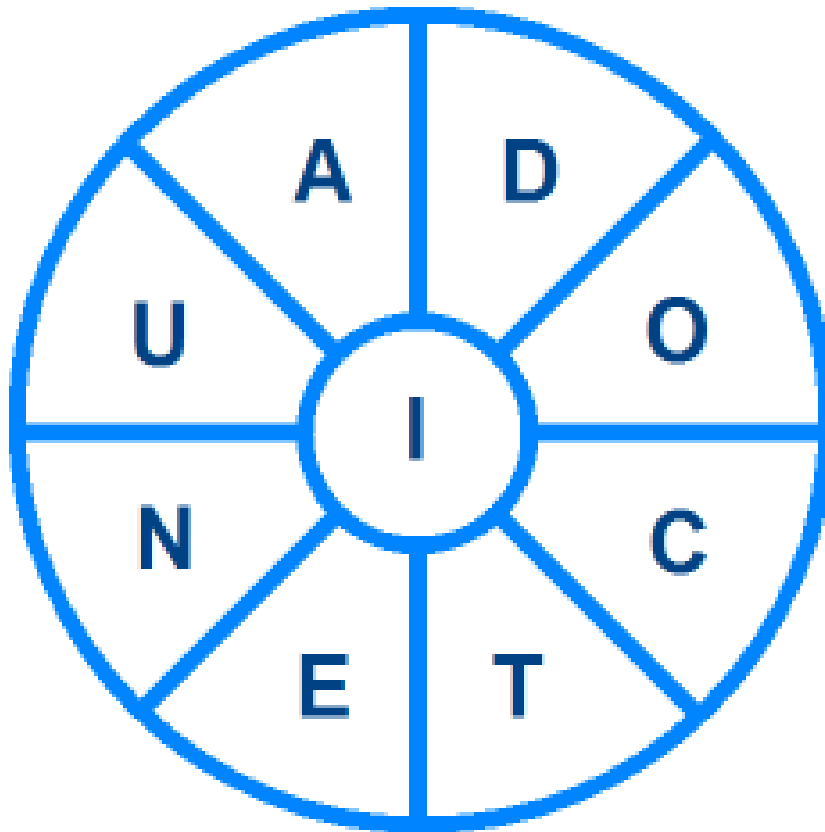






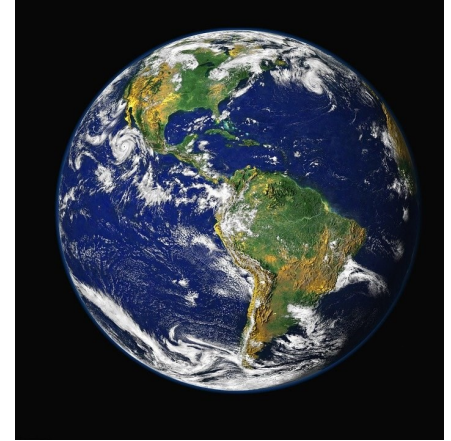
## Activity - Word Wheel

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



### Quiz 3 - Foreign Languages

Below are ten European country names in their own language – Can you identify which countries they are?



1. Deutschland
2. Suomi
3. Österreich
4. Cymru
5. Sverige
6. Lietuva
7. Hrvatska
8. Magyarország
9. Nederland
10. Alba





## Action speaks louder than words: Communication between animals

We have all at least once wondered do animals talk with each other. Well, even though they don't have a developed language like humans do, many animal species have great communication skills. Some are vocal, others are verbal and all of them are quite amazing.



### Prairie dogs know who you are

Prairie dogs look a lot like squirrels, except that they live in the desert, in huge underground communities. They bark and yip, but they have developed a complex “language” in which they have different words for every type of predator they encounter.

They also have a specific shout for humans, but the most fascinating is the fact that prairie dogs have different calls for dif-

ferent humans based on their appearance, clothes or how fast they move.

### Treehoppers send good vibrations

Small insects called treehoppers cling to plant stems and communicate with each other by vibrating the stem they're on.

These signals are not understandable to us without the help of special instruments, but the sheer variety of these vibrations is pretty stunning. The younger ones use signals to tell the group when they find a new stem for eating or to warn group if there is a predator coming. The adults vibrate as a part of a courtship ritual, with males often composing songs to woo females. Maybe that's how the Beach Boys got the idea for “Good Vibrations”!



## Action speaks louder than words: Communication between animals continued

### Caribbean reef squids use patterns on their bodies

These strange animals use their pigment cells to send different signals to their peers. These cells are called *chromatophores* and they are dispersed all over their bodies.

Caribbean reef squid can expand or contract these pigments very fast which helps them show different patterns and colours that explain different moods or even some more complex information. Some of these patterns are invitations to mating, some represent aggressive signals.



### Elephants engage in long-distance calls

Scientists have for a long time been amazed by the mystery of elephant communication that happened while they were separated by very long distances until one scientist realised that they produce sound waves of low frequency.

These sound waves humans can't hear, but if they are strong enough we feel them as a pressure. Advanced equipment confirmed that elephants use these sounds to talk to each other when separated by several miles.

### Head-banging mole rats

Mole rats are rodents and live in burrows that they dig underground. Since it is very dark there, not a lot of light gets in and as sound doesn't travel fast enough they can't use visual signs or communicate vocally. That is why some species of mole rats communicate in other ways, for example by head-banging. Blind mole rats from the Middle East bang their heads against the tunnel walls to send signals to other mole rats. They even can develop a specific pattern that helps their neighbours understand their identity.





## Activity - Codeword

Each letter in this puzzle is represented by a number 1-26. Can you crack the code and solve the crossword? Every letter of the alphabet is used at least once. Three letters are already in place to get you started.

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

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

## Quiz 4 - Sporting terms

In which sport would you:

1. Perform a Rudolph and a Randolph
2. Throw stones at houses
3. Use a mashie or niblick
4. Stand at silly point
5. Start at the south stake
6. Sit in a sulky
7. Employ the O'Brien shift
8. Win the Sam McGuire Trophy
9. Abide by the Cartwright Rules
10. Trim your sheets
11. Bully off



## Activity - Word Ladder

A word ladder is a sequence of words formed by changing just one letter each time e.g., CAT - COT – DOT - DOG. Can you find the missing words? Use the clues if you get stuck.

### Ladder 1

**Chase**



**Clues:**

- Discontinue
- Charter
- Lead
- Percolate
- Fruit
- Roost
- Sear
- Mend

**Catch**

### Ladder 2

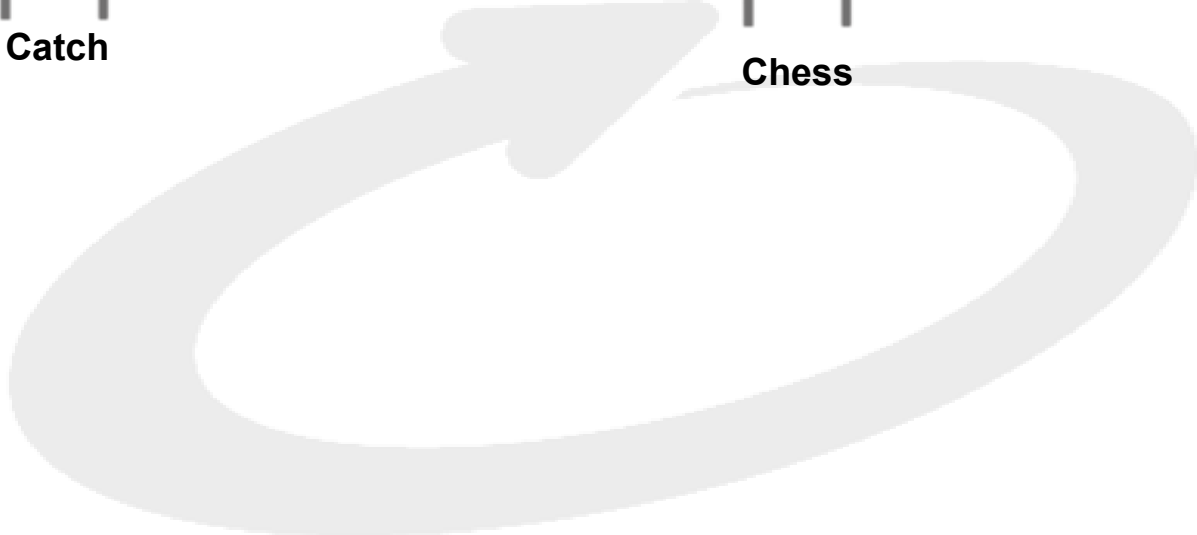
**Games**



**Clues:**

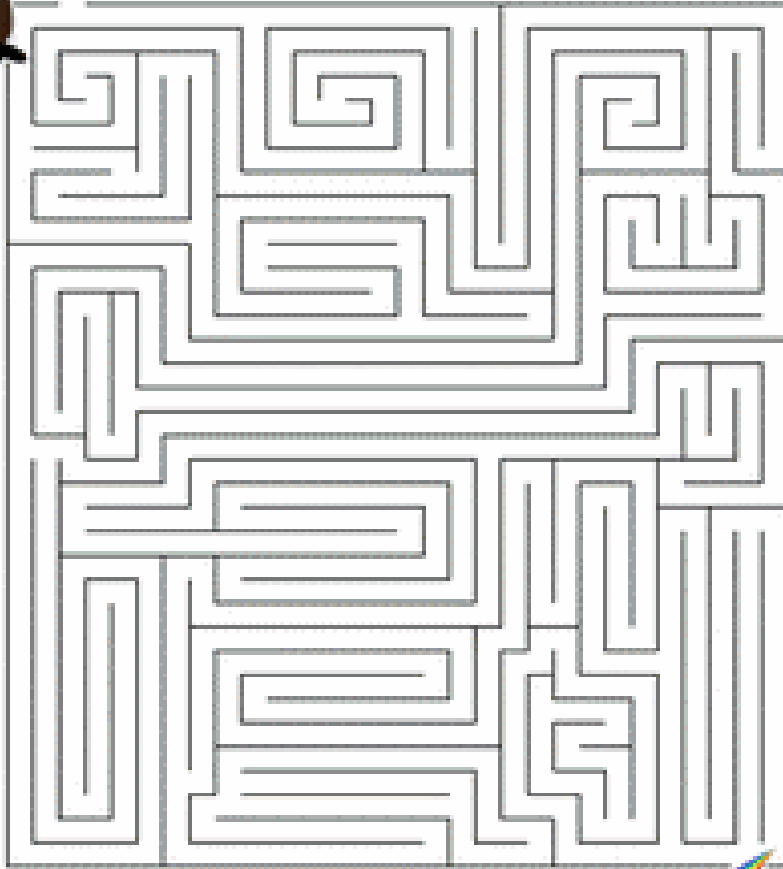
- Stares
- Mantles
- Manages
- Middle Sections
- Army Unit
- Cages
- Harvests
- Traverse
- Herb

**Chess**





## Activity - St Patrick's Day Maze





## 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 5 - 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 the table, relates to which statistics?



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

Germany  
 Singapore  
 Greenland  
 Jersey  
 India  
 United Kingdom  
 Italy

Hong Kong  
 Australia  
 New Zealand  
 Monaco  
 China  
 USA  
 Canada



## Activity - Riddles - can you work them out?

1. What has a face and two hands but no arms or legs?
2. What five-letter word becomes shorter when you add two letters to it?
3. What word begins and ends with an 'e' but only has one letter?
4. What has a neck but no head?
5. What type of cheese is made backwards?
6. What gets wetter as it dries?
7. Why did the boy bury his flashlight?
8. Which letter of the alphabet has the most water?
9. What starts with a 'P', ends with an 'E' and has thousands of letters?
10. What has to be broken before you can use it?
11. Why can't a man living in London be buried in Manchester?
12. What begins with T, ends with T and has T in it?
13. How many letters are there in the English alphabet?
14. Which month has 28 days?



**Activity - Sudoku** - Fill in the blanks so that each row, each column and each of the nine 3 x 3 grids contain one of each of the numbers 1 - 9.

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

EASY



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

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

MEDIUM



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

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

HARD



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

## ANSWERS

### Quiz 1 - Colours

1. Green
2. Red
3. Green Day
4. Black
5. White Teeth
6. A bird (specifically a North-American woodpecker)
7. Black
8. White Sea, Black Sea, Red Sea and Yellow Sea
9. Blue
10. Grey

### Quiz 2 - Spitting Image

1. Saddam Hussein
2. Queen Elizabeth II
3. Roy Hattersley
4. Tina Turner
5. Ronald Reagan
6. Margaret Thatcher
7. John Major
8. Brian Walden
9. Jeffrey Archer
10. Princess Diana
11. Mikhail Gorbachev
12. Sarah Ferguson
13. Pope John Paul II
14. Ester Rantzen
15. Ant McPartlin

### Activity - Word Wheel

Just some of the words you might have found:

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

The 9 letter word is education.



## ANSWERS

### Quiz 3 - Foreign Languages

1. **Deutschland** *Germany*
2. **Suomi** *Finland*
3. **Österreich** *Austria*
4. **Cymru** *Wales*
5. **Sverige** *Sweden*
6. **Lietuva** *Lithuania*
7. **Hrvatska** *Croatia*
8. **Magyarország** *Hungary*
9. **Nederland** *Netherlands*
10. **Alba** *Scotland (Scottish Gaelic)*

### Quiz 4 - Sporting Terms

1. Trampolining
2. Curling
3. Golf
4. Cricket
5. Croquet
6. Harness Racing
7. Shot Putt
8. Gaelic Football
9. Baseball
10. Yachting
11. Hockey
12. Lacrosse

### Quiz 5 - World Population Densities

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

## ANSWERS

### Activity - Codeword

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

### Activity - Word Ladders

#### Ladder 1

CHASE  
CEASE  
LEASE  
LEASH  
LEACH  
PEACH  
PERCH  
PARCH  
PATCH  
CATCH

#### Ladder 2

GAMES  
GAPES  
CAPES  
COPES  
CORES  
CORPS  
COOPS  
CROPS  
CROSS  
CRESS  
CHESS

### Activity - Riddles

1. A clock
2. Short
3. Envelope
4. A bottle
5. Edam
6. A towel
7. Because the batteries died
8. The C
9. The Post Office
10. An egg
11. Because he's still alive
12. A teapot
13. There are 18: 3 in THE, 7 in ENGLISH and 8 in ALPHABET

## ANSWERS - Sudoku

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

EASY



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

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

MEDIUM



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

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

HARD



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