

The background of the entire page is a close-up, soft-focus photograph of a dandelion seed head. The seeds are white and fluffy, with a brown center. The stem of the dandelion is visible, extending from the bottom towards the center of the frame.

Activity PACK

meditation
edition



WELCOME to your personal MSV “Beat the Boredom” Activity Pack

We, at MSV, want you to stay active physically and mentally and enjoy a variety of activities that you can do on your own

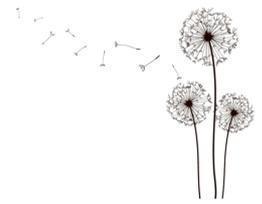
This meditation themed activity pack includes ways to help you relax and find a tranquil state of mind, we’ve also got some great ideas on preparing fresh delicious salads to enjoy during the warmer days

Don’t worry, we have also included your favourites... word searches, crosswords, Sudoku, quizzes, Origami and colouring. Please speak to your scheme manager if you need access to coloured pens etc. If you have any suggestions for future activities, we want to hear from you



ENJOY and STAY SAFE

BAT IDENTIFICATION



Did you know... there are 8 known species of BAT in the UK



Common Pipistrelle *pipistrellus pipistrellus*

Common Pipistrelle - Recorded over all Northern millponds, but also in gardens, parks etc. This two penny- weight can eat **3,000 midges in a night!** Common and widespread. Often found roosting in houses.



Soprano Pipistrelles *pipistrellus pygmaeus*

Noctule bat - Large and mobile, prefers larger open ponds and reservoirs. Flies early in the evening and looks like a swift in flight.



Noctule *nyctalus noctula*

Daubenton's bat - A water specialist; ponds, canals and slow flowing rivers. Heavily reliant on millponds. Emerges late and hunts low over the water.



Brown Long-Eared *plecotus auritus*

Natterer's bat - Rare in the North West area, and difficult to find, so likely under-recorded.



Daubenton's *myotis daubentonii*

Soprano Pipistrelle - Not as frequent as the Common Pipistrelle, and not recorded in North Manchester before 2000, mainly as it had not been identified as a separate species. It is more reliant on water habitats than the Common Pipistrelle.



Whiskered *Myotis mystacinus*

Brown Long-Eared bat - A medium-sized woodland bat. Often feeds by 'gleaning', i.e. plucking insects from foliage. Rarely recorded in the North West, but probably often missed because it has very quiet ultrasound.



Natterer's *myotis nattereri*

Whiskered bat - Together with the almost identical Brandt's Bat, this species likes to forage in confined spaces, e.g. under over-hanging trees. Not common in the NW area.

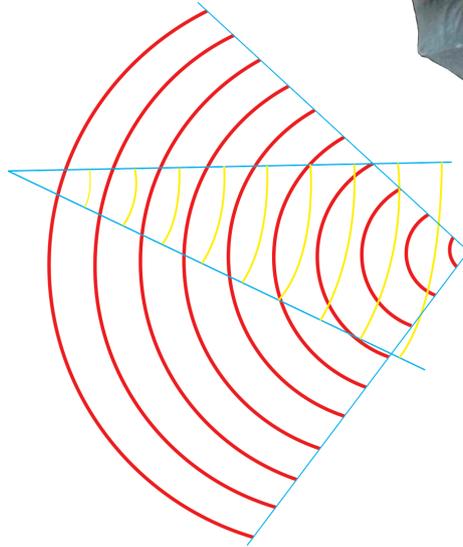


Serotine *eptesicus serotinus*

Serotine bat - A southern species, but there are historical records from the Kirklees Valley and Yarrow Country Park.



NOCTURNAL CREATURES



Bats use **echolocation** to navigate and find food in the dark. They send out sound waves from the mouth or nose, when the sound waves hit an object they produce echoes. The echo bounces off the object and returns to the bats' ears



Bats Cotton On!

At the height of the industrial revolution it was said that Lancashire clothed the world and cotton was king. Industry demanded vast amounts of water and mill ponds were built in their hundreds. Most of this industry has long gone, but a diversity of millponds remain.

Our Heritage

Millponds are not only an obvious reminder of our industrial heritage, but have become remarkable refuges for wildlife. Mills needed a steady and controllable supply of large quantities of water, hence the construction of the millponds or lodges. This would have allowed some wildlife to hang on.

Top Wildlife Sites

As industry declined, more wildlife would have moved into the deserted sites from the mixed, wildlife-rich farmland nearby. This ex-industrial land now contains some of our best wildlife sites, especially now that most former mixed farmland is either more intensively farmed, or has been developed into housing, leaving less room for a diverse wildlife.

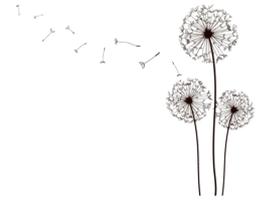
Bat Heaven

Taking full advantage of the facilities we have left behind are those most intriguing of mammals: bats. All British bats feed on insects, and where there is water and plenty of vegetation there are plenty of insects. Bat heaven indeed!

Conserve Bats, Conserve Heritage

The South Lancashire Bat Group has carried out a series of surveys to find out just how valuable millponds, and other water bodies, are to bats. This information may help in slowing the loss of this heritage and wildlife resource.

WILDFLOWER IDENTIFICATION



©11MaZeus / iStock

Daisy
Bellis perennis

Familiar white/pink flowers with yellow centres. Thrives in areas of grass that are regularly mown or trampled.



©0 artlerner / iStock

Yarrow
Achillea millefolium

Pretty little flowers, usually white but sometimes pink, grow in tight groups that resemble flat umbrellas. Leaves are feathery.



©11 Sam Boone / iStock

White clover
Trifolium repens

Small white flowers in tight globe-shaped clusters. Leaves have 3 oval, toothed leaflets usually with a whitish band.



©0 amorphoic / iStock

Bramble
Rubus fruticosus

Easily recognisable with strong, long tangled stems, white/pink flowers or deep black fruits. Stems can be spiny, prickly or hairy.



©0 Paul Brooks / iStock

Feverfew
Tanacetum parthenium

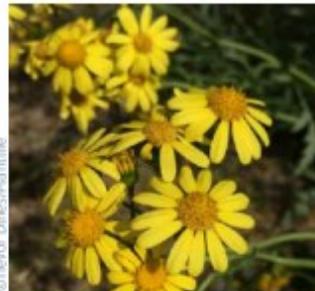
Bushy herb with strongly-scented feathery leaves and heads of daisy-like flowers. Often grows on walls, pavements and waste ground.



©0 Trevor Dimes / iStock

Creeping buttercup
Ranunculus repens

A low, spreading plant with creeping stems that root at the nodes. Leaflets are broad and often marked with white or brown.



©0 Trevor Dimes / iStock

Oxford ragwort
Senecio squalidus

Like ragwort but with fewer, larger flowers and deeply divided leaves. Spreads along railways and is especially common around stations.



©0 Luke Morton / iStock

Silverweed
Potentilla anserina

A perennial plant with red stolons (thin spreading stems). A member of the rose family, it has silvery leaves and 5-petalled yellow flowers.



©0 Trevor Dimes / iStock

Welsh poppy
Meconopsis cambrica

Large, nodding yellow flowers with 4 petals. A native flower grown in gardens and often found on walls, pavements and shaded banks.



©0 Sybil Stas / iStock

Dandelion
Taraxacum officinalis

Bright flowers above a rosette of jaggedly toothed leaves, followed by fluffy white seed heads you can puff away to tell the hour of the day.



©0 Corbis Collection / iStock

Tomato
Lycopersicon esculentum

A semi-tropical annual with 5 or 6 petalled flowers in clusters on hairy stems. Grows from discarded fruit and around sewerage works.



©0 iStock

Scarlet pimpernel
Anagallis arvensis

The 5-petalled flowers of this low growing plant open around 8am and close at 2pm, or in dull weather.



WILDFLOWER IDENTIFICATION



©Peeet K/Stock

Common poppy
Papaver rhoeas

Annual with striking red flowers found where soil has been disturbed, so often seen on waste ground and roadsides.



©Malisor Goltzov/Stock

Opium poppy
Papaver somniferum

Annual with large, blue-green leaves and large pink or lilac flowers. Edible poppy seeds come from this plant.



©Andrew Cogg/Plantlife

Herb robert
Geranium robertianum

Pink flowers 2cm across. Hairy leaves with a triangular outline are sometimes reddish and produce a strong, unpleasant smell.



©Andrew Cogg/Plantlife

Rosebay willowherb
Chamerion angustifolium

A large plant up to 2m tall growing in clumps. Pink/purple flowers are followed by fluffy seeds. Also known as 'Fireweed' as it colonises sites after fire.



©Luisdelasneve/Stock

Red dead-nettle
Lamium purpureum

Dead-nettle's pink-purple flowers cluster amongst hairy, heart-shaped leaves towards the top of the plant and can bloom from February to November.



©Natalieegolmer 2/Stock

Snapdragon
Antirrhinum majus

A common garden flower seen in a wide variety of bright colours, often found on pavements and walls. Squeeze the flowers to open their mouths.



©Pawling/Stock

Butterfly-bush
Buddleja davidii

A large bush with long spikes of scented purple flowers, very attractive to butterflies. Common on wasteground, walls and railways.



©Bjergem/Stock

Purple toadflax
Linaria purpurea

Has tufts of narrow bluish-green leaves and long spikes crowded with tiny purple flowers. Often grows on walls, pavements and wasteground.



©Andrew Cogg/Plantlife

Ivy-leaved toadflax
Cymbalaria muralis

Little blue/purple flowers and reddish stems and leaves, often found on walls.



©Andrew Cogg/Plantlife

Green alkanet
Pentaglottis sempervirens

A large perennial to 1m with rough leaves and pretty blue forget-me-not type flowers.



©James Beal/Plantlife

Wild teasel
Dipsacus fullonum

Up to 2m tall with distinctive egg-shaped flower heads with purple flowers and long spines



©suombh/Stock

Spanish bluebell
Hyacinthoides hispanica

Erect spikes of wide, bell-shaped, pale blue flowers with blue pollen. Now the most common bluebell in urban areas.

MEDITATION



Meditation can do much more than boosting the brain, and it may even help you reduce your blood pressure, fight anxiety, and help you fight pain

Body scan meditation

The body scan meditation, or body awareness, is an exercise that allows you to tune out distractions while focusing on various areas of the body.

Body Scanning is a great technique that helps you become more aware of how you are feeling in any given moment.

Excess muscle tension exacerbates muscle pain, headaches, and fatigue, and scanning the body can help you prevent the build-up of pressure.

You can either do a quick body scan or a more extended scan. A quick scan can help you immediately release tension, and it only takes a few seconds.

Get into a comfortable position.

You can sit or lie down.

Close your eyes for a deeper practice.

Starting with your feet and toes, tune into and pay attention to any sensations you feel, like pain or discomfort. You may also notice sensations like tingling, stinging, aching or throbbing.

Take a nice deep breath in through your nose, exhaling through the mouth, releasing the uncomfortable sensation. Allow that area of your body to release, loosen up, and soften.

Work your way up the body, paying attention to how you feel as you focus on the legs, the hips, the back, the stomach, the chest, the neck and shoulders, the arms and hands, and finally the face.

Move progressively up your body, focusing on each muscle group one at a time.

REFLECTION

How do you feel?

Did you reflect on the past, present or future ? if so, what issues came to mind and how did you deal with them ?



RELAXATION EXERCISES

Visualization is nothing more than forming pictures in your mind
Get creative and go wild with your imagination
Close your eyes and imagine yourself somewhere that makes you happy...

Exercise Number 1 – The Beach

Begin by closing your eyes and taking some long, slow deep breaths. Take at least 3-4 breaths. Now imagine yourself walking on the beach. Try and use all of your senses and see, feel, and hear things. Feel the sun on your skin, and listen for the sound of the waves. Imagine the brilliant blue water and how nice and white the sand is. As you walk, you might even pick up some small shells or enjoy the feel of the ocean water on your feet. Taste the saltwater on your tongue and enjoy the experience. Stay here as long as you like, and immerse yourself in the experience.



Exercise Number 2 – The Blank Screen

The blank screen helps you empty your mind. Imagine you are staring at a white wall or blank screen. Whenever you notice a random thought, see yourself erasing the thought out of your mind.

When you allow your mind to go blank, you offer no resistance, so your vibration rises naturally. You can then work on any goal you like.



Exercise Number 3 – Forest Trail

This is a great exercise to do for stress relief. Imagine yourself walking on a trail in the forest. Hear the sticks and twigs crackling under your feet as you walk and smell the mustiness of the environment. As you walk, notice how good you feel. Feel the sun on your skin and smell the flowers and plants. You could even stop and sit on a log and see what else you notice. Take as much time as you need to rest and relax. For a bonus, see if you can picture yourself sitting in front of a beautiful, serene lake.

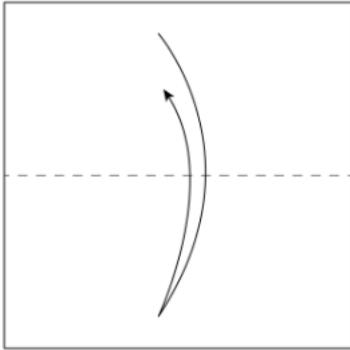


The more you visualize, the easier it gets. Try some visualization work the next time you have an important goal to work on, and you might be surprised at how well it works!

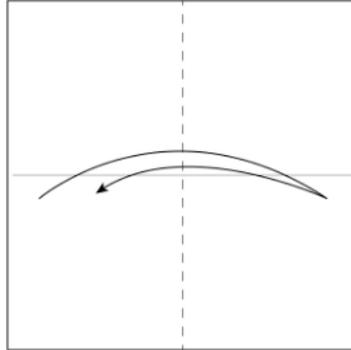
ORIGAMI: Butterfly



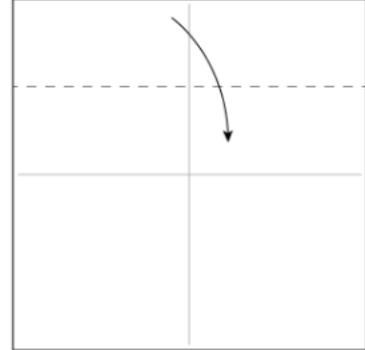
Using a piece of paper (cut A4 or A3 into a square), create your own paper butterfly...



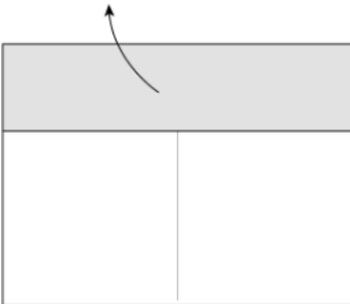
Step 1) Start with a square sheet of paper with the white side up. Fold it in half horizontally, crease it well and then unfold it.



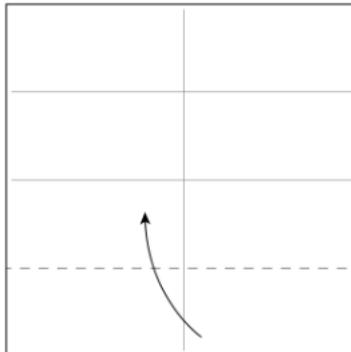
Step 2) Fold the paper in half vertically, crease it well and then unfold it.



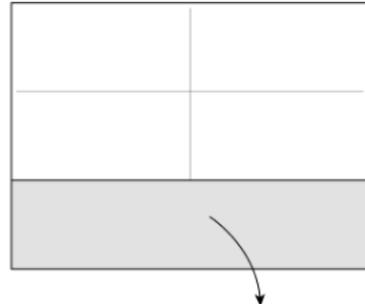
Step 3) Fold the top quarter of the paper along the dotted line to the centre line.



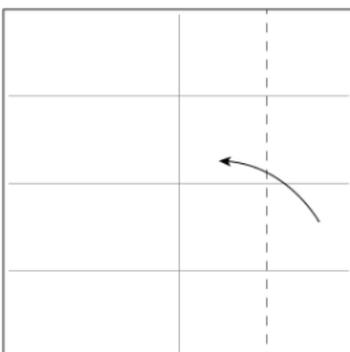
Step 4) Crease this fold well and then unfold it.



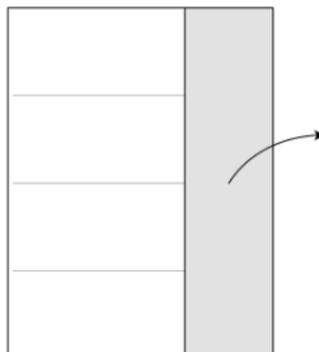
Step 5) Fold the bottom quarter of the paper along the dotted line to the centre line.



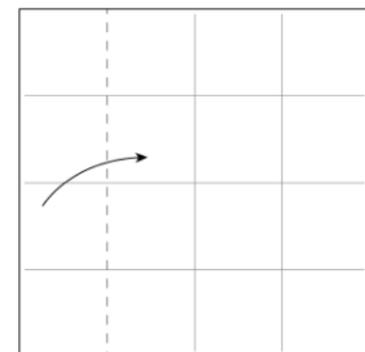
Step 6) Crease this fold well and then unfold it.



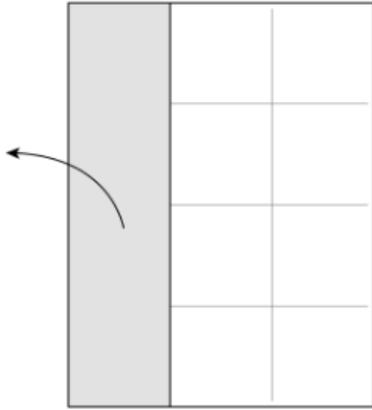
Step 7) Fold the right quarter of the paper along the dotted line to the centre line.



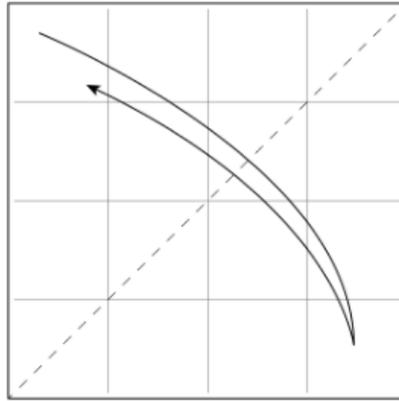
Step 8) Crease this fold well and then unfold it.



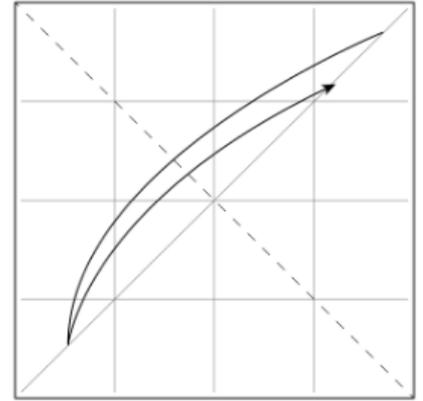
Step 9) Fold the left quarter of the paper along the dotted line to the centre line.



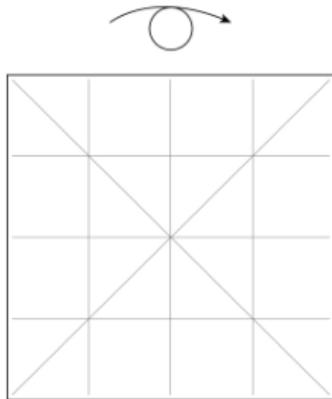
Step 10) Crease this fold well and then unfold it.



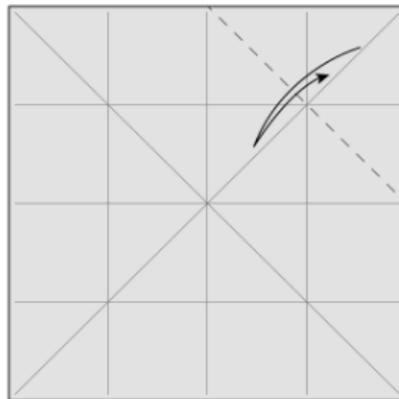
Step 11) Fold the paper in half diagonally. Crease it well and then unfold it.



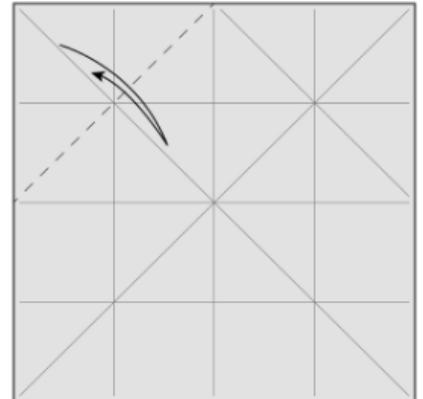
Step 12) Fold the paper in half diagonally the other way. Crease it well and then unfold it.



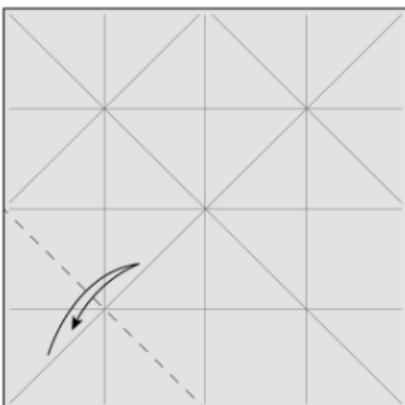
Step 13) Turn the paper over so the coloured side is facing up.



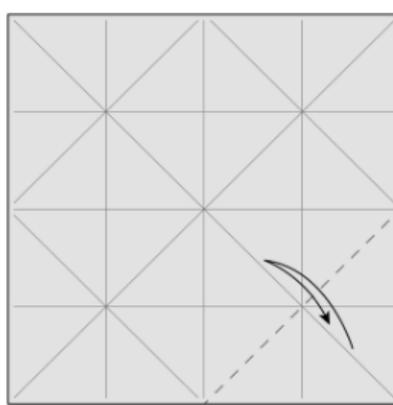
Step 14) Fold the corner of the paper to the centre along the dotted line. Crease this fold well and then unfold it.



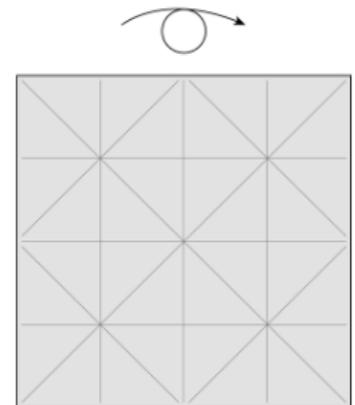
Step 15) Fold the next corner of the paper to the centre along the dotted line. Crease this fold well and then unfold it.



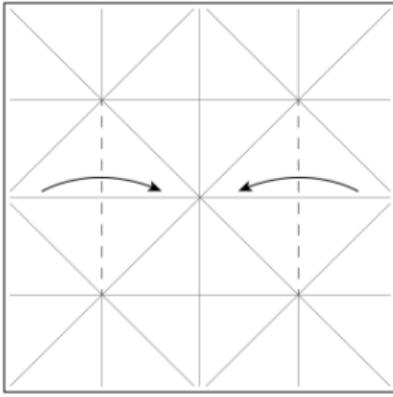
Step 16) Fold the next corner of the paper to the centre along the dotted line. Crease this fold well and then unfold it.



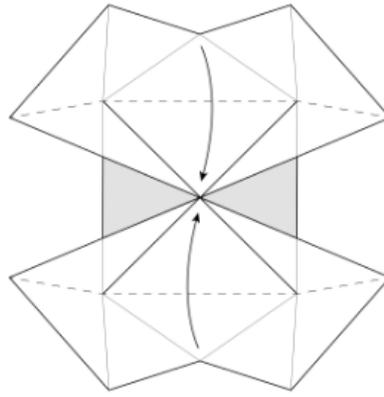
Step 17) Fold the final corner of the paper to the centre along the dotted line. Crease this fold well and then unfold it.



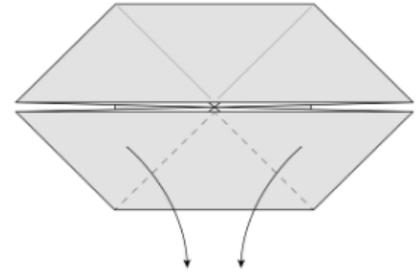
Step 18) Turn the paper over so the white side is facing up again.



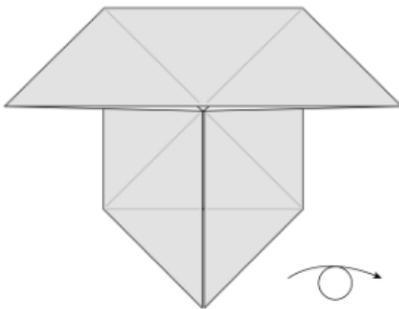
Step 19) Fold the two sides of the paper towards the centre along the dotted line. You already have a crease here. Only fold the middle half of the paper where the dotted lines are. Don't fold the top or bottom parts of the existing crease.



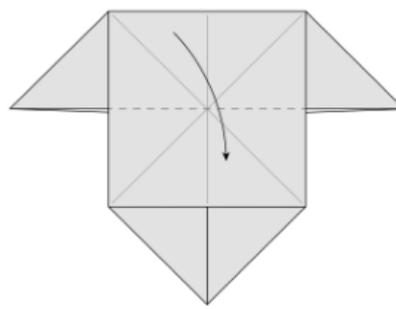
Step 20) You should have a shape that resembles what you see here. Fold both the top and bottom of the model along the dotted lines to the centre.



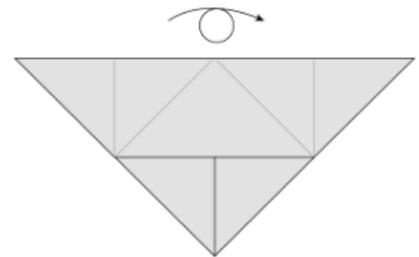
Step 21) This is a completed Boat Base. Fold the bottom two flaps of paper down along the dotted lines.



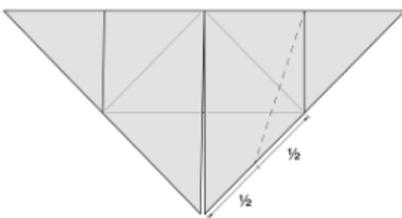
Step 22) Flip the model over.



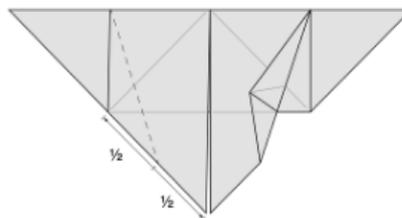
Step 23) Fold the top part of the paper down along the dotted line.



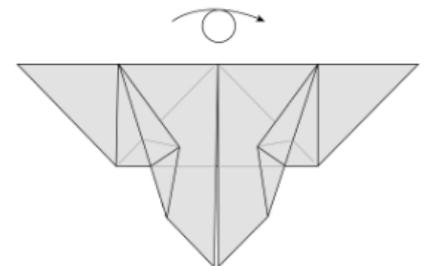
Step 24) Flip the model over again.



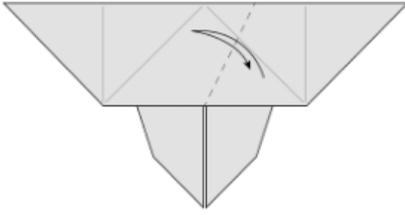
Step 25) Fold the top flap of paper on the right along the dotted line towards the centre. The dotted line goes from the top corner to halfway down the diagonal line at the bottom as you can see in the diagram.



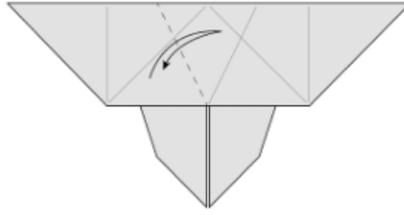
Step 26) Fold the top flap of paper on the left along the dotted line towards the centre. The dotted line goes from the top corner to halfway down the diagonal line at the bottom as you can see in the diagram



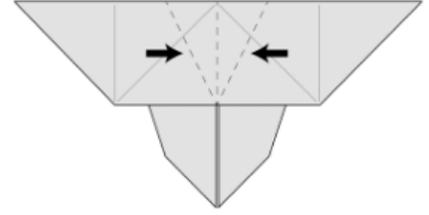
Step 27) Flip the model over.



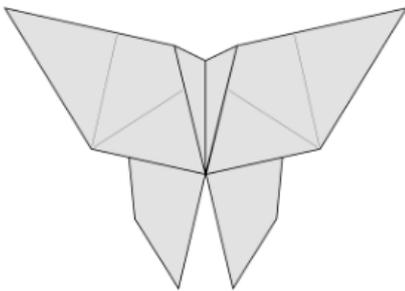
Step 28) Valley Fold along the dotted line in the direction of the arrow in the diagram. Crease this fold well and then unfold it.



Step 29) Valley Fold along the dotted line on the other side in the direction of the arrow in the diagram. Crease this fold well and then unfold it.

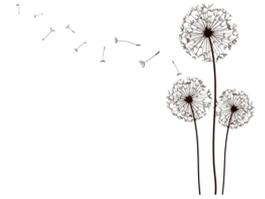


Step 30) Pinch the middle of the model along the two folds you just made and form a Mountain Fold along the vertical line in the middle. This gives the butterfly its final shape.



The Completed Traditional Origami Butterfly.

WORDSEARCH



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

Find the words below in the above word-grid. Words can be horizontal, vertical, diagonal and in any direction...

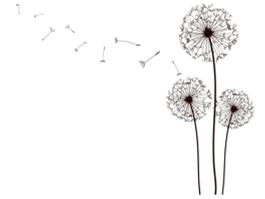
Celebration	Yoga	Recreation
Meditation	Hiking	Sea
Reflection	June	Summer
Concentration	Mountain	Sunshine
Pondering	Outdoors	Swimming
Friends	Picnic	Prayer
Gardening	Mantra	Walking



CROSSWORD

1	2	3	4		5	6	7	8	9			10	11	12
13					14						15			
16					17						18			
			19	20			21			22				
23	24	25		26		27				28				
29			30				31		32					
33						34		35						
36					37						38	39	40	41
				42							43			
		44	45				46		47	48				
49	50							51				52		
53					54	55	56		57		58			
59					60			61			62	63	64	65
66					67						68			
69					70						71			

CROSSWORD



ACROSS

- | | | | |
|----|--|----|----------------------|
| 1 | Astringent | 38 | Capital of Norway |
| 5 | Baseball plates | 42 | powdered chocolate |
| 10 | to be ahead in a race by one circuit | 43 | reverent |
| 13 | information | 44 | national symbol |
| 14 | extreme | 46 | changed into bone |
| 15 | summer month | 49 | sacred poem |
| 16 | tinter | 51 | plant |
| 17 | large stacks of paper | 52 | married woman |
| 18 | continent | 53 | poisonous alkaline |
| 19 | long stick used in pool to hit the ball | 57 | prune |
| 21 | America's pastime | 59 | not any |
| 23 | furthest back | 60 | gambling game |
| 26 | Jack of Clubs in loo played with
5-card hands | 62 | what dogs sit on |
| 28 | prods | 66 | walked |
| 29 | spade (2 words) | 67 | former Russian ruler |
| 32 | brief autobiographical sketch | 68 | malaria |
| 33 | opera solo | 69 | stitch |
| 34 | supernatural | 70 | informal speech |
| 36 | foolish | 71 | meditation |
| 37 | sign of the Zodiac | | |



CROSSWORD

DOWN

- | | | | |
|----|---|----|--|
| 1 | sum | 35 | green plant that often covers lawn |
| 2 | nonprofessional | 37 | record |
| 3 | southwestern Indian | 38 | klutz |
| 4 | artist Chagall | 39 | move through the water by moving parts of the body |
| 5 | administrative unit | 40 | give a sideways look |
| 6 | lager | 41 | chances of winning |
| 7 | jab | 42 | outdoor area where tents are set up to sleep in |
| 8 | writer Bombeck | 44 | litter of pigs |
| 9 | talk back | 45 | architect Frank _____ Wright |
| 10 | capital of Zambia | 47 | bye (2 words) |
| 11 | senile | 48 | the other half of Jima |
| 12 | rings, like bells | 49 | lower body clothing |
| 15 | ruffle down the front | 50 | look at steadily |
| 20 | delivery service | 54 | evils |
| 22 | heroic | 55 | carol |
| 23 | academy (abbr.) | 56 | volcano |
| 24 | gambling game | 58 | activity intended for amusement |
| 25 | short journey from one point to another | 61 | can metal |
| 27 | imitate | 63 | gone by |
| 30 | time period | 64 | type of dog |
| 31 | not allowed | 65 | body of water |
| 32 | by way of | | |

HEALTHY FRESH SALADS



As the weather starts to hot up, we want to cool down,
here are some fresh salad ideas ...



Spring tabbouleh



PREP:
20 mins



EASY

COOK:
25 mins



SERVES 4

INGREDIENTS

6 tbsp olive oil
1 tbsp garam masala
2 x 400g cans chickpeas, drained and rinsed
250g ready-to-eat mixed grain pouch
250g frozen peas
2 lemons, zested and juiced
large pack parsley, leaves roughly chopped
large pack mint, leaves roughly chopped
250g radishes, roughly chopped
1 cucumber, chopped
pomegranate seeds, to serve

METHOD

Heat oven to 200C/180C fan/ gas 6. Mix 4 tbsp oil with the garam masala and some seasoning. Toss with the chickpeas in a large roasting tin, then cook for 15 mins until starting to crisp. Tip in the mixed grains, peas and lemon zest. Mix well, then return to the oven for about 10 mins until warmed through.

Transfer to a large bowl or platter, then toss through the herbs, radishes, cucumber, remaining oil and lemon juice. Season to taste and scatter over the pomegranate seeds. Any leftovers will be good for lunch the next day.



SALADS

Be as creative as you can, combine ingredients you have left over

You'll be surprised at what you can achieve ...



Jerk chicken & papaya



PREP:
10 mins



EASY

COOK:
12 mins



SERVES 2

INGREDIENTS

- 3-4 (depending on size) red chicory
- 4 skinless boneless chicken thighs, all visible fat removed
- 3 tsp rapeseed oil
- 1 lime, juice of $\frac{1}{2}$, the rest cut into 2 wedges
- 1 tsp jerk spice mix
- 2 tsp fresh oregano
- 2 tsp redcurrant jelly
- 2 tsp red wine vinegar
- 1 papaya, halved, deseeded, peeled and chopped
- 1 avocado, stoned, peeled and chopped
- new potatoes, to serve (optional)

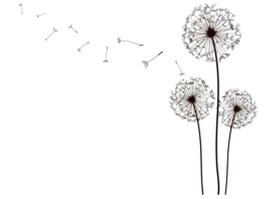
METHOD

Chicory is made up of leaves attached to quite a solid base, so feel where the leaves start and slice them off. Thickly slice the base and set aside.

Open out the chicken thighs and put them in a bowl with 1 tsp of the oil, the lime juice, jerk seasoning and oregano. Stir well, then griddle the chicken for 10 mins, turning once. Take off the griddle, cover with a plate and leave to rest while you quickly griddle the chicory slices.

Meanwhile, put the redcurrant jelly, vinegar and remaining oil in a big bowl and mix well. Add the papaya and avocado, then the chicory leaves, but don't mix yet. Chop the chicken, add to the salad with the griddled chicory, then toss well. Pile on plates, squeeze over the remaining lime and serve while still warm, with new potatoes, if you like.

DID YOU KNOW...



Striving to learn something new every day is a great way to keep your mind active. You'll be surprised how many facts you are capable of maintaining. Information retrieval helps us exercise our brains...

- ⇒ There are (currently) 7 known species of tiger in the world
- ⇒ No two tigers have the same stripes (much like human fingerprints and eye colour)
- ⇒ Its impossible to hum while you pinch your nose [bet you try it]
- ⇒ Wyatt Earp's home still stands in Tombstone, Arizona
- ⇒ When America got their independence, they had to vote and decide which would be the 'official' language. English won by ONE vote over German
- ⇒ India is in the Northern hemisphere
- ⇒ Queen Anne had 17 children. None survived
- ⇒ George Washington had false teeth made from wood
- ⇒ The hippopotamus is closely related to the whale
- ⇒ The hippo kills more humans than any other animal
- ⇒ India is one of the few. Indeed, may be the only country in the world that is a half an hour ahead or behind every other.



WORD OF THE DAY

Your mission is to use one of these words during your day...

1. **unctuous** [pronounced: uhngk-choo-uhs]
Excessively smooth, suave, or smug
2. **celestial** [pronounced: suh-les-chuhl]
Pertaining to the sky or visible heaven, or to the universe beyond the earth's atmosphere
3. **soupsçon** [pronounced: soop-sawn]
A slight trace, as of a particular taste or flavour
4. **insufflate** [pronounced: in-suhf-leyt]
To blow or breathe (something) in
5. **melee** [pronounced: mey-ley]
Confusion, turmoil, jumble
6. **aeolian** [pronounced: ee-oh-lee-uhn]
Of or caused by the wind; wind-blown
7. **peregrinate** [pronounced: per-i-gruh-neyt]
To travel or journey, especially to walk on foot
8. **dilly** [pronounced: dil-ee]
Something or someone regarded as remarkable, unusual
9. **risibility** [pronounced: riz-uh-bil-i-tee]
The ability or disposition to laugh; humorous awareness of the ridiculous/absurd
10. **klatsch** [pronounced: klahch]
A casual gathering of people, especially for refreshments and informal conversation

RIDDLES



Can you solve the riddle...

1. What can run but never walks, has a mouth but never speaks, has a head but never weeps, and has a bed but never sleeps?
2. A man left home running. He ran a ways and then turned left, ran the same distance and turned left again, ran the same distance and turned left again. When he got home there were two masked men. Who were they?
3. What is full of holes but can still hold water?
4. I speak without a mouth and hear without ears. I have no body, but I come alive with wind. What am I?
5. You measure my life in hours and I serve you by expiring. I'm quick when I'm thin and slow when I'm fat. The wind is my enemy.
6. I have cities, but no houses. I have mountains, but no trees. I have water, but no fish. What am I?
7. You see a boat filled with people. It has not sunk, but when you look again you don't see a single person on the boat. Why?
8. I come from a mine and get surrounded by wood always. Everyone uses me. What am I?
9. A girl has as many brothers as sisters, but each brother has only half as many brothers as sisters. How many brothers and sisters are there in the family?
10. What disappears as soon as you say its name?
11. What gets wet while drying?
12. First, think of the colour of the clouds. Next, think of the colour of snow. Now, think of the colour of a bright full moon. Now answer quickly what do cows drink?



SUDOKU

Find the missing numbers. A number can **only occur once** in a row, column or square. To solve, look for open spaces where its row, column and square already have enough other numbers filled to tell you the correct value...

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

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

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

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



TODAY IS
GOING TO BE
AWESOME









QUIZ ANSWERS

spoiler alert:
answers are from this point forward

ANSWER

WORD SEARCH

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

1. A river
2. The catcher and the umpire
3. A sponge
4. An echo
5. A candle
6. A map
7. They're all married
8. A pencil
9. Four sisters and three brothers
10. Silence
11. A towel
12. Water

ANSWER**SUDOKU**

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

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

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

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



Stronger Together