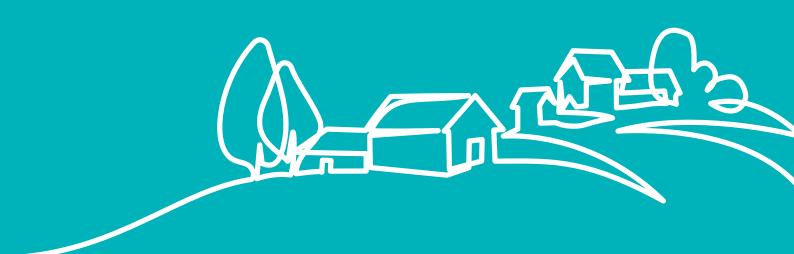


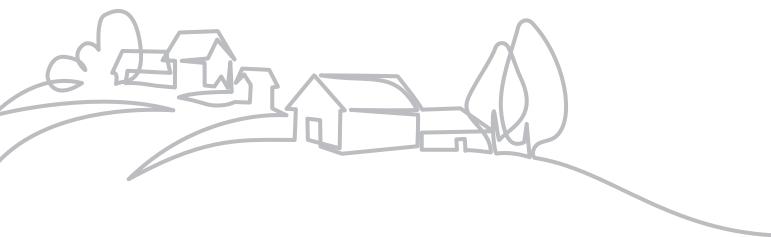
Activity Book



Abbeyfield Activity Book

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

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

Sudoku 3 & 4 - Medium

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

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

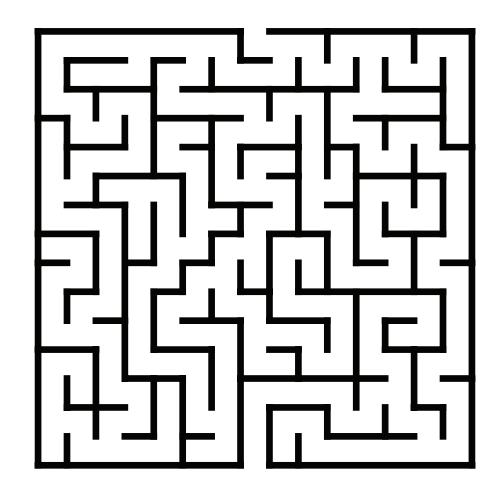


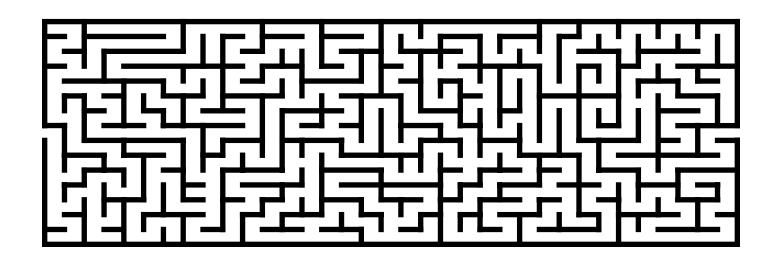


	5		7					1
	8			6		3		4
3		7			9			
1					7		3	
	7		9	4	3		3	
	9		2					7
			3			2		8
7		1		2			5	
8					4		1	

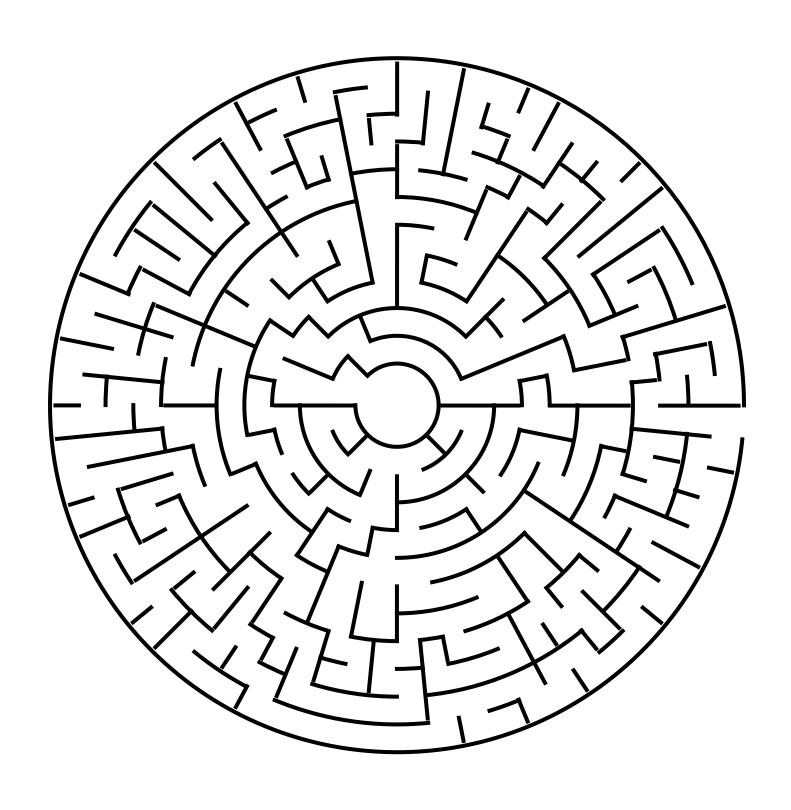
5				2	6	7		
	8	1		3				4
	6			8				2
		5			9			7
9								5
4			8			9		
8				1			5	
6				5		4	1	
		2	4	9				6

Maze 1 & 2





Maze 3



Wordsearch 1

Types of Dog

Н	G	Е	L	Р	Н	D	U	Н	0	T	G	M	Е
S	Н	Е	N	Е	U	Α	S	С	S	В		R	Е
R	В	0	X	Е	R	С	D	Е	Α	U	R	R	Н
Н	N	В	R	L	M	Н	D	N	R	L	Е	Α	R
С	С	0	R	G		S	N		Е	L		0	Р
0	D	N	U	0	Н	Н	Α	I	Н	D	R	R	
L	R	Н	U	R	Е	U	S	R	Н	0	R	Е	N
L	Α	R	Н	D	D	N	U	В	С	G	Е	Т	S
I	Н	Т	Α	В	Α	D	Т	L	S	Е	Т	Т	С
Е	Е	Α	D	Α	L	M	Α	Т	I	Α	N	Е	Н
L	M	Α	S	Т		F	F	Н	В	A	Н	S	Е
S	С	Н		Н	U	Α	Н	U	Α	0	P	S	R
Т	Е	Н	M	I	R	В	Е	A	G	L	Е	В	Α
0	Т	L	Т	S	M	S	Н	Е	P	Н	Е	R	D

Beagle

Collie

Hound

Shepherd

Boxer

Corgi

Mastiff

Terrier

Bulldog

Dachsund

Pinscher

Chiuaua

Dalmation

Setter

Wordsearch 2

Fruits

R	Α	W	Α	Υ	R	Υ	Α	Y	Α	P	Α	Р	В
В	N	Е	Е	R	L	R	Α	В	В	Υ	Е	Е	L
N	Α	Е	В	R	M	R	N	Е	Α	R	W	Α	U
В	N	S	Α	Е	P	Е	R	N	N	R	Α		Е
R	Α	Α	Р	В	Е	В	Е	P	Е	Е	Т	В	В
S	В	L	В	K	Е	Р	0	Ε	Α	В	Е	Ν	Е
Е	S	I	R	С	Α	S	Α	P	Т	W	R	K	R
Е	Υ	В	I	Α	Υ	Α	Е	Е	Е	Α	M	L	R
G	Е	R	W	L	0	R	Е	P	N	R	Е	Υ	Υ
N	P	R	I	В	В	N	M	L	Т	Т	L	M	M
Α	Α	Α	K	С	0	R	Е	R	L	S	0	0	N
R	R	Α	R	M	Α	Е	L		M	Е	N	Е	С
0	G	S	Е	G	N	M	P	Ε	В	R	K		Т
S	P	L	Α	E	Е	L	P	P	Α	В	Е	W	

Apple Grape Orange

Banana Kiwi Papaya

Blackberry Lemon Raspberry

Blueberry Lime Strawberry

Watermelon

Wordsearch 3

Farm Animals

U	S	Е	S	0	Т	Α	В	Α	F	S	L	Н	
0	L	I	Н	Н	U	Е	I	Е	В	Е	F	L	G
Α	Α	D	Е	Е	R	Е	S	R	Е	I	U	Α	0
S	0	0	Е	N	K	S	0	S	Е	Т	Е	Е	0
N	F	G	P	M	Е	Е	N	Е	S	L	E	Α	S
R	Е	L	U	S	Υ	S	Α	N	R	L	В	F	Е
Н	S	K	S	Н	0	R	S	Е	Υ	Α	I	Е	0
S		0	С	L	Α	F	G	С	Е	M	R	R	R
Т	0	N	Α	I	Α	В	K	В	K	Α	D	Α	Е
Α	F	M	0	R	Н	S	С	0	I	Е	S	0	Т
Е	В	0	K	U	Н	С	U	Е	F	R	R	G	S
F	I	S	Н	K	Т	В	D	I	С	Α	I	0	0
U	Ε	S	S	L	A	M		N	Α	S	Α	Α	0
С	С	0	W	В	U	F	F	Α	L	0	0	Т	R

Animals	Buttalo	Duck	Goose	Llama
Bees	Chicken	Fish	Hen	Rooster
Birds	Cow	Foal	Horse	Sheep
Bison	Dog	Goat	Lamb	Turkey

Wordsearch 4

Types of Gemstones

R	R	В	Т	U	Е	Т	N	K	Т	Е	R	0	Р
X	Υ	N	0	Α	Т	N	0	U	Т	Е	R	Е	Α
Т	Α	0	U	Υ		Т	R	D	R	Т	N	E	Q
S	Е	D	A	J	R	Q	Α	0	I		L	R	U
Υ	Е	Q	N	S	U	X	R	A	L	R	Е		Α
Н	Т	N	Α	0	Z	L	R	Α	Е	P	Е	Н	M
Т	Е	I	I	K	Α	K	M	D	Н	R	L	Р	Α
Е	M	S	Е	U	U	R	Е	Α	I	R	M	Р	R
M	Е	Т	M	Е	U	N	Т	Α	U	Z	G	Α	I
Α	R	0	R	0		Α	Z	В	0	P	0	S	Z
Т	Α	Е	Т	R	L	Α	Υ	I	0	Ε		Υ	Ε
Α	L		Т	G	Α	R	N	Е	Т	P	G	Α	Υ
L	D		M	Z	Α	P	0	T	I	Е	Α	Е	Α
D	С	U	Q	J	A	S	P	Е	R	N	M	L	U

Tourmaline Amethyst Emerald Kunzite Peridot Aquamarine Onyx Ruby Turquoise Garnet Jade Opal Azurite Sapphire Citrine Pearl Jasper Topaz

Crossword 1

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			

ACROSS

- 1 Of the most contemptible kind (6)
- 4 For free (6)
- 9 Navigation instrument (7)
- South Pacific island country, gaining independence from New Zealand in 1962 (5)
- 11 Bird's resting place (5)
- 12 Glowing with joy (7)
- 13 Very rich (7,2,2)
- **18** Train (7)
- 20 Figure out (5)
- Person living voluntarily outside their own country (5)
- **23** Degrade (7)
- **24** Tried (6)
- 25 In response (2,4)

- 1 Official agreement (6)
- 2 Kind of jet (5)
- 3 Latchet (anag) possession (7)
- 5 Flattened to the ground (5)
- **6** Kettledrums (7)
- 7 Roughly built hut (6)
- 8 Bitterness (11)
- 14 Sea creature with three hearts (7)
- 15 Examine closely (7)
- 16 Take into custody (6)
- 17 It ripens in a vine pod underground (6)
- 19 Saltpetre (5)
- 21 Retrogress (5)

Crossword 2

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

ACROSS

- 1 Possibility (6)
- 4 Police trainee (5)
- 7 Pleasure craft old ape (anag) (6)
- 8 Fast cat fast car (6)
- 9 Consequently (4)
- 10 Engage an electrical device (6,2)
- Number that's of interest to hayfever sufferers (6,5)
- 17 Frankly that's outrageous! (8)
- 19 Item resting on stumps (4)
- 20 Dependable (6)
- **21** Rubber (6)
- 22 Sweet money (5)
- 23 Way (6)

- 1 Don't be so glum! (5,2)
- 2 Having a run of luck (2,1,4)
- 3 Ship lookout's position (5,4)
- 4 Ship art (5)
- 5 French king's eldest son (7)
- **6** Authoritarian (6)
- 11 Urge to travel (5,4)
- Costly footballing error (3,4)
- 14 Annoyance (7)
- 15 Britannia's weapon (7)
- 16 Tool with a flat cutting edge (6)
- 18 Gleaming (5)

Crossword 3

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

ACROSS

- Scenic eco-trek (anag) complex subject for boffins (6,7)
- 8 Strapless top (7)
- 9 Kind of yellow primrose (5)
- 10 Passion (4)
- 11 Serial arrangement (8)
- 13 Portugal and Spain (6)
- 14 Two-piece swimsuit (6)
- 17 Pheasant, say? (4,4)
- 19 Surrender (4)
- 21 Lazybones (5)
- 22 Carrion feeder (7)
- 24 Equestrian competition involving several skills (5-3,5)

- 1 Plunder (3)
- **2** Torrent (7)
- 3 Blockbuster (4)
- 4 Water ice (6)
- 5 Mohawk or Seneca, for example? (8)
- 6 Tights material (5)
- 7 Oath (9)
- 10 Mood of a particular time (9)
- 12 Off the ground (8)
- 15 Drink coolant (3,4)
- 16 Things of little importance (6)
- 18 Back tooth (5)
- 20 Aid to detection (4)
- 23 Juvenile newt (3)

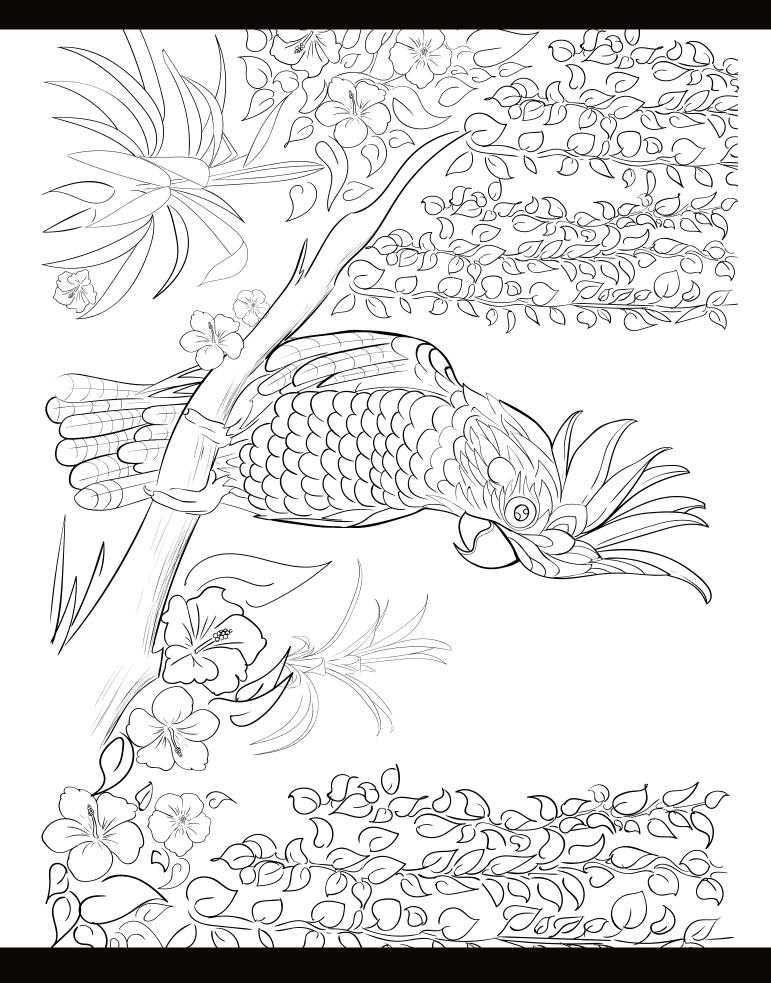
Crossword 4

			1	2	3	4		
		5						
	6						7	
8				9				
10					11	12		
13				14	15			
16			17			18		
		19						

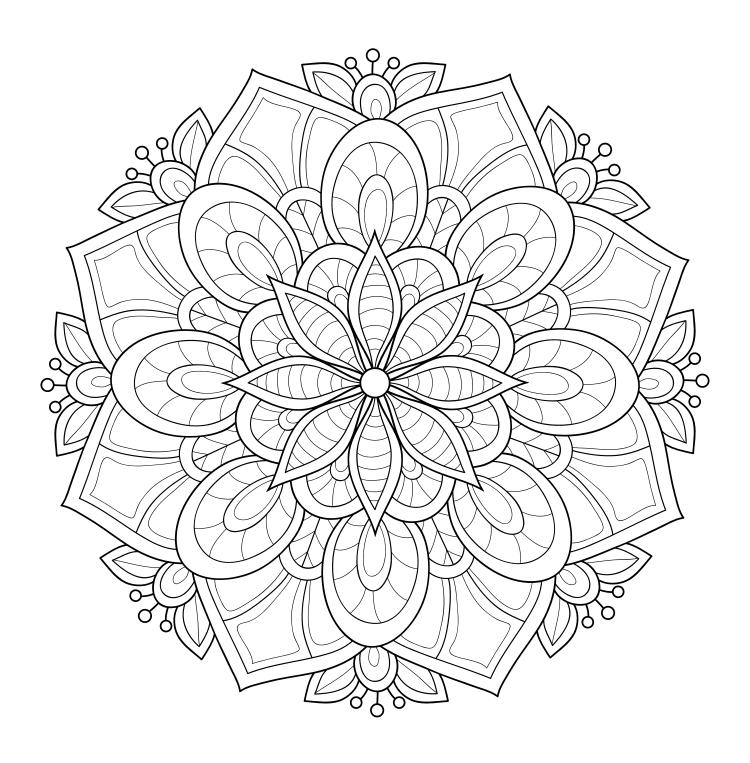
ACROSS

- 5 Golfing knickerbockers (4,5)
- 8 Strike 1980's pop group (4)
- 9 Term that is now fashionable (8)
- 10 High-ranking Ottoman official (6)
- 11 Make less (6)
- 13 OK, fine! (6)
- 15 Spectre (6)
- 16 Device for remembering things (8)
- 18 In this way (4)
- 19 Old gold coin (9)

- 1 Low in calories (8)
- 2 Line connecting points of equal atmospheric pressure (6)
- 3 Heavy drinker (6)
- 4 Mixture (4)
- 6 Manacled workers (5,4)
- 7 Grumpy (9)
- (At sea) deviation from the intended course (8)
- 14 Braying animal (6)
- 15 Classified (6)
- 17 Open to argument (4)









Staying Active

Chair based exercises



Neck rotation

- Keeping your chin level, turn your head to the left and hold for 15 seconds. Then turn your head to the right and hold for 15 seconds
- Keeping your shoulders still, turn your head to look upwards and hold for 15 seconds. Then move your head to look down, keeping your chin tucked in, and hold for 15 seconds
- Repeat sequence 2 to 4 times

Overhead bend and reach

- Raise your right arm above your head, keeping the left arm down by your side
- Lean over and reach to the left side, hold for 15 seconds. Return back to the centre and dropped your raised arm
- · Repeat with the left arm, leaning towards the right side
- Repeat sequence 2 to 4 times





Knee extensions

- Straighten and lift one leg, and hold whilst you slowly count to 5. Be careful not to lock your knee
- Slowly lower your leg back down, and repeat 8 to 12 times
- Repeat the exercise with your other leg

Marching in place

- Sit with your feet slightly apart, keeping your arms by your side or on the armrests
- March in place, lifting your knees high towards the ceiling.
 Remember to breathe normally
- Keep marching in a smooth rhythm for 1 minute



NB. Please consult your GP before starting any exercise regime. Should you start to feel unwell, please inform a member of staff immediately.

Answers

Brainteasers

Sudoku 1

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

Sudoku 3	3
----------	---

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

Sudoku 5

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

Sudoku 2

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

Sudoku 4

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

Sudoku 6

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

<u>Answers</u>

Word Games

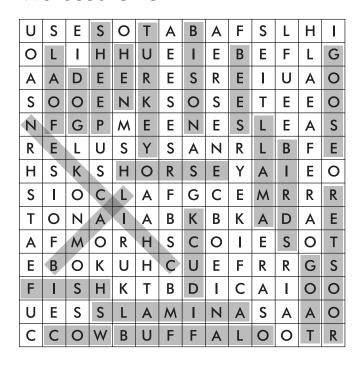
Wordsearch 1

Н	G	Е	L	Р	Н	D	U	Н	0	Т	G	M	Е
S	Н	Е	Ν	Е	U	Α	S	С	S	В	I	R	Е
R	В	0	Х	Е	R	С	D	Е	Α	U	R	R	Н
Н	Z	В	R	L	М	Η	D	Z	R	L	Е	Α	R
С	С	0	R	G	I	S	Z	I	Е	L	I	0	Р
0	D	Z	U	0	Н	Н	Α	I	Н	D	R	R	I
L	R	Н	U	R	Е	U	S	R	Н	0	R	Е	Z
L	Α	R	Н	D	D	Z	U	В	С	G	Е	Т	S
1	Н	Т	Α	В	Α	D	Т	L	S	Е	Т	Т	С
Е	Е	Α	D	Α	L	М	Α	Т	1	Α	N	Е	Н
L	M	Α	S	Т	I	F	F	Н	В	Α	Н	S	Е
S	С	Н	I	Н	U	Α	Н	U	Α	0	P	S	R
Т	Е	Н	М	I	R	В	Е	Α	G	L	Е	В	Α
0	Т	L	Т	S	М	S	Н	Е	Р	Н	Е	R	D

Wordsearch 2

R	Α	W	Α	Υ	R	Υ	Α	Υ	Α	Р	Α	P	В
В	Ν	Е	Е	R	L	R	Α	В	В	Υ	Е	Е	L
Ν	Α	Е	В	R	М	R	N	Е	Α	R	W	Α	U
В	Z	S	Α	Е	Р	Е	R	Z	N	R	Α	I	Е
R	Α	Α	Р	В	Е	В	Е	Р	Ε	Е	Т	В	В
S	В	L	В	K	Е	P	0	Е	Α	В	Е	Z	Е
Е	S	I	R	С	Α	S	Α	Р	Т	W	R	K	R
Е	Υ	В		Α	Υ	Α	Е	Е	Е	Α	M	L	R
G	Е	R	W	Ш	0	R	Ε	Р	Ν	R	Е	Υ	Υ
Ν	P	R	1	В	В	Ñ	М	L	Т	Т	L	M	М
Α	Α	Α	K	С	0	R	Ε	R	L	S	0	0	Z
R	R	Α	R	M	Α	Е	L	I	М	Е	Ν	Е	С
0	G	S	E	G	Ν	М	Р	Е	В	R	K	I	Т
S	Р	Ļ	Α	Е	Е	L	P	P	Α	В	Е	W	ı

Wordsearch 3



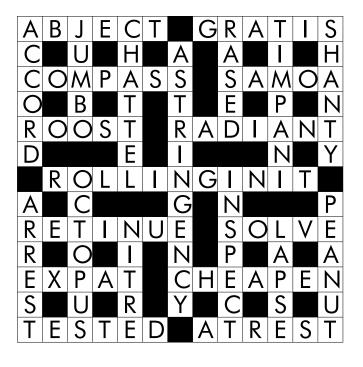
Wordsearch 4

R	R	В	T	U	Е	1	N	K	Ť	Е	R	0	P
X	Υ	Z	0	Α	T	Z	0	5	Т	Е	R	Ė	Α
Т	Α	0	U	Υ	I	Т	R	D	R	Т	N	Е	Q
S	Е	D	Α	J	R	Q	Α	0	7	1	L	R	U
Υ	Ε	Q	Z	S	U	Х	R	Α	L	R	Е	1	Α
Н	Т	Z	Α	0	Z	L	R	A	Е	P	E	Н	M
Т	Е	T	1	K	Α	K	M	D	Н	R	L	P	Α
Е	M	S	Е	U	Ú	R	E	Α	I	R	М	Р	R
M	E	Т	М	Е	U	N	Т	Α	U	Z	G	Α	I
Α	R	0	R	0	1	Α	Z	В	0	Р	0	S	Z
Т	Α	Е	1	R	L	Α	Υ	1	Ô	Ε	ı	Υ	Е
Α	L	T	T	G	Α	R	N	E	1	Р	G	Α	Υ
L	D	1	M	Z	Α	Р	0	Т	I	E	A	Е	Α
D	C	J	Q	J	Α	S	Р	Е	R	Z	M	1	U

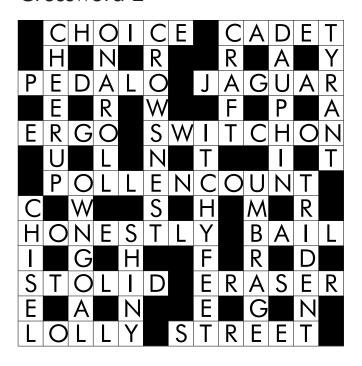
Answers

Word Games

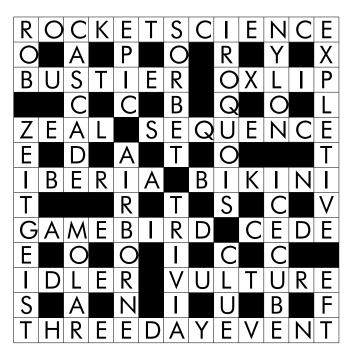
Crossword 1



Crossword 2



Crossword 3



Crossword 4

