



Every day inspired

Sheffield Wednesday Community Programme

**Mental Workout
June 2020**



Every day inspired

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



Sudoku is played on a grid of 9 x 9 spaces. Within the rows and columns are 9 "squares" (made up of 3 x 3 spaces). Each row, column and square (9 spaces each) needs to be filled out with the numbers 1-9, without repeating any numbers within the row, column or square.

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



Sheffield Hallam University



Education & Skills Funding Agency

The Sheffield College

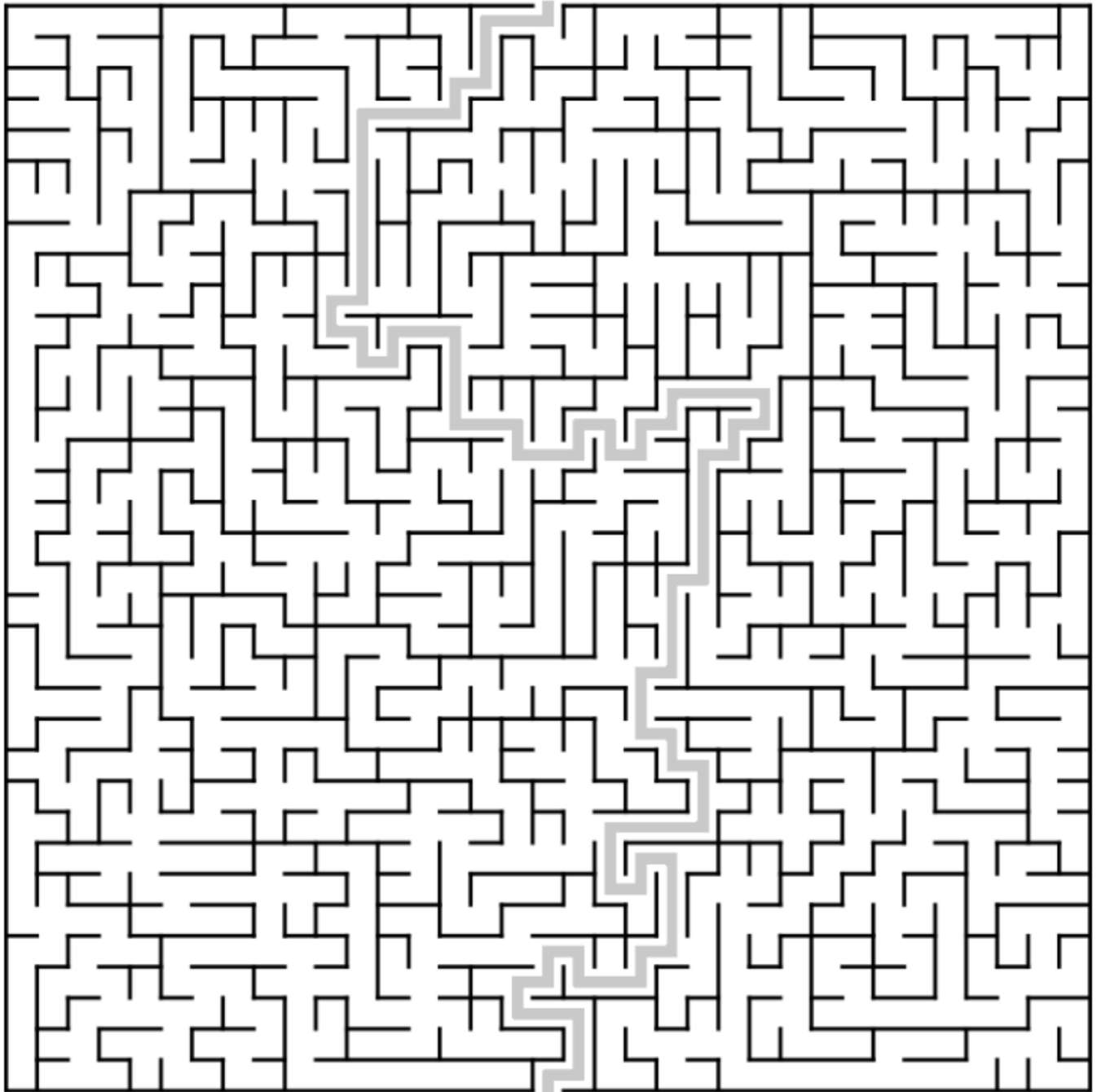


European Union European Social Fund Investing in jobs and skills



Cave Maze:

Can you find your way all the way through the maze travelling from the top to the exit at the bottom?





Brain Chains

Can you solve each of the 3 brain chains completely in your head, without making any notes?

Start with the bold number at the top and then apply each maths operation in turn.

27	34	38
÷3	÷2	-50%
x8	+48	-16
÷12	-35	x13
x1/2	+30%	÷3
x7	÷3	+33
+63	-3	÷2
-62	+62	+43
22	72	66



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Mindfulness Wordsearch:

Can you find all the listed words in the grid? Words are written forwards or backwards in any direction, including diagonally.



Balance	Calmness	Composure	Contemplation
Contentment	Hush	Meditation	Peacefulness
Quietness	Reflection	Relaxation	Restfulness
Serenity	Stillness	Tranquillity	Undisturbed



