**Arnold Lodge Weekly Puzzler and Activities – 23rd April 202**

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**Answer next week!**

**ARNOLD LODGE QUIZ – ANSWERS NEXT WEEK**

**Q1. Including the white ball, how many colour varieties are used in a game of snooker?**

**Q2. Which part of the body can be placed before the following words: drum, ache, ring?**

**Q3. Which animal comes first in the English dictionary?**

**Q4. Which continent has no active volcanoes?**

**Q5. What is a group of Ravens otherwise known as: a) constable b) crew c) collection?**

**Q6. In the fairytale Cinderella, what did Cinderella leave behind at the ball?**

**Q7. By what name is an orca more commonly known?**

**Q8. British stamps are different to other stamps in the world as they are the only ones not to bear what?**

**Q9. Which soft drink did John Pemberton invent?**

**Q10. The Old Lady of Threadneedle Street is a nickname for what: a) The London Eye**

**b) The Bank of England c) The Houses of Parliament?**

**Q11. Which country hosted the 2016 Olympics?**

**Q12. What season is ‘Fall’ known as in the UK?**

**Q13. Which American State end with 3 vowels?**

**Q14. How many Bond themes did Shirley Bassey sing and can you name them?**

**Q15. ‘Tin Lizzie’ is a nickname for which automobile?**

**Maintaining a Healthy Routine**

As tempting as it may be to stay in pyjamas all day… scheduling our everyday activities can give us a sense of purpose, structure and control.

Try to start your day at roughly the same time you usually would, and aim to set aside time each day to achieve a balance of:

* Looking after yourself
* Feeling productive
* Enjoying yourself

*For example:*

***Morning****:* breakfast, shower, stretches/exercise

***Afternoon****:* lunch, mindful colouring

***Evening****:* dinner, read a book, watch TV



Think about a **wake up** and **go to sleep** playlist.

**What music makes you feel alert and energised?**

**What helps you to feel calm and relaxed?**

**Build this into your day**



Sports Fitness and Wellbeing

**Keep active by walking in the courtyard for 30 minutes a day.**

Just 30 minutes every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance. It can also reduce your risk of developing conditions such as heart disease, type 2 diabetes, osteoporosis and some cancers. Burning up to 170 calories too!

Creative Writing – Go For A Walk



Think of a walk you can remember very clearly.

Take some time to sit and think about it.

Then write the most vivid and detailed description you can,

taking the reader on a walk with you.

It might be down the corridor, down the street or up a mountain.

A walk through the countryside, along a beach, or through a town…

Try to include description that involves all your senses –what can you see, hear, smell, feel and even taste in the air?



