



Activity PACK

easter edition

#BeatTheBoredom



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 special edition activity pack has everything you need to enjoy Spring and Easter. We have also included information on Autism in recognition of Autism week.

Don't worry, we have also included your favourites... word searches, crosswords, trivia 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

SPRING HAS SPRUNG



Spring is a wonderful time of year where there is an awakening

You will see more activity in the garden and all around you as new growth sprouts from the ground and the birds and bees are busy with their daily routines...



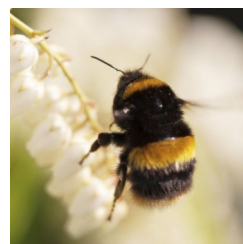
BIRD SONGS will peak during Spring. Listen out for blackbirds, great tits, robins and song thrushes



WOODLAND WILDFLOWERS BLOOM with an abundance of foliage and fragrance



ANIMALS AWAKEN as warmer temperatures begin to take hold, it's time for our hibernating animals to come out of their winter sleep (hedgehogs, bats, dormice, frogs, squirrels and badgers)



THE FIRST BUMBLEBEES & BUTTERFLIES EMERGE as warm days entice queen bumblebees from hibernation in search of flowers to gain energy and suitable places to nest



DAYS ARE LONGER spring - or vernal - equinox when the Earth's orbit around the sun results in almost equal lengths of day and night.



MAD MARCH HARES PERFORM engaging in a bit of eccentric leaping and boxing. The origin of the expression 'mad as a March hare' becomes very clear if you're lucky enough to catch this courtship ritual as the females are fending off the advances of over-amorous males.



Beat the Boredom



HISTORY OF EASTER



EASTER EGGS: Many ancient cultures, including the Greeks and Egyptians, saw eggs as a sign of fertility and new life; they used eggs in religious rituals and hung them in pagan temples for mystical purposes. Later, as Christian missionaries observed community members hunting for eggs in spring, they began using the food as a tool to describe Christ's new birth in resurrection and dye the eggs based on colors meant to the church: yellow for resurrection, blue for love, red for the blood of Christ.



EASTER SUNDAY SUNRISE SERVICE: The tradition of sunrise Easter service dates back to 1732, when the first service was held in Germany by the Moravian Church. A group of young men gathered at the first light of dawn at the town's graveyard to sing hymns of praise — and the next year, the entire congregation joined in. As the story goes, it was early dawn on Easter morning Mary opened Jesus's tomb to find it empty — which is why so many churches hold services at an early hour in honor.



LENT: The word Lent is a shortened form of the Old English word lencten, meaning spring season. Early Christianity records fasting before Easter. Apostolic Constitutions permit the consumption of bread, vegetables, salt and water, in Lent with flesh and wine being forbidden. Canons of Hippolytus authorize only bread and salt to be consumed during Holy Week. The practice of fasting and abstaining from alcohol and meat and during Lent thus became established in the Church.



THE WORD EASTER: Comes from an Anglo-Saxon goddess named Eostre (also known as Astarte or Oster). The festival of Eostre always took place around the spring equinox, early Christian missionaries in Europe gradually melded the festival's name, timing, and some of its symbols, into the Christian celebration. Early Christians called Christ's resurrection "Pesach," the Hebrew word for Passover. Most languages use a variation: "Pesach" French, "Pascua" Spanish, "Pasqua" Italian, "Pask" Swedish.



HOT CROSS BUNS: Trace back to ancient Egypt, Rome, and Greece serving as symbols of honor toward their goddesses. Later, these sweet breads became popular at Easter where bakers were forbidden to sell spice breads except on special holidays, like the Friday before Easter. Many believed hot cross buns baked on Good Friday would never grow moldy; they were kept as good luck charms hanging in windows, accompanied sailors on a voyage, or buried in piles of grain to ward off rodents.



LAMB v HAM: In early Jewish history, lambs were sacrificed as offerings to God and served regularly as part of the Passover feast. Then, when Jesus died during Passover, he represented the ultimate sacrifice for sin, the 'lamb of God,' and the animal evolved into a potent symbol for Christians, especially at Easter. Many Orthodox Christians still follow the Jewish Orthodox customs of not eating any pork, so lamb takes center stage at their Easter meal. For many other cultures around the world, ham symbolizes 'good luck' making a fitting meal at all sorts of celebrations.

EASTER WORDSEARCH



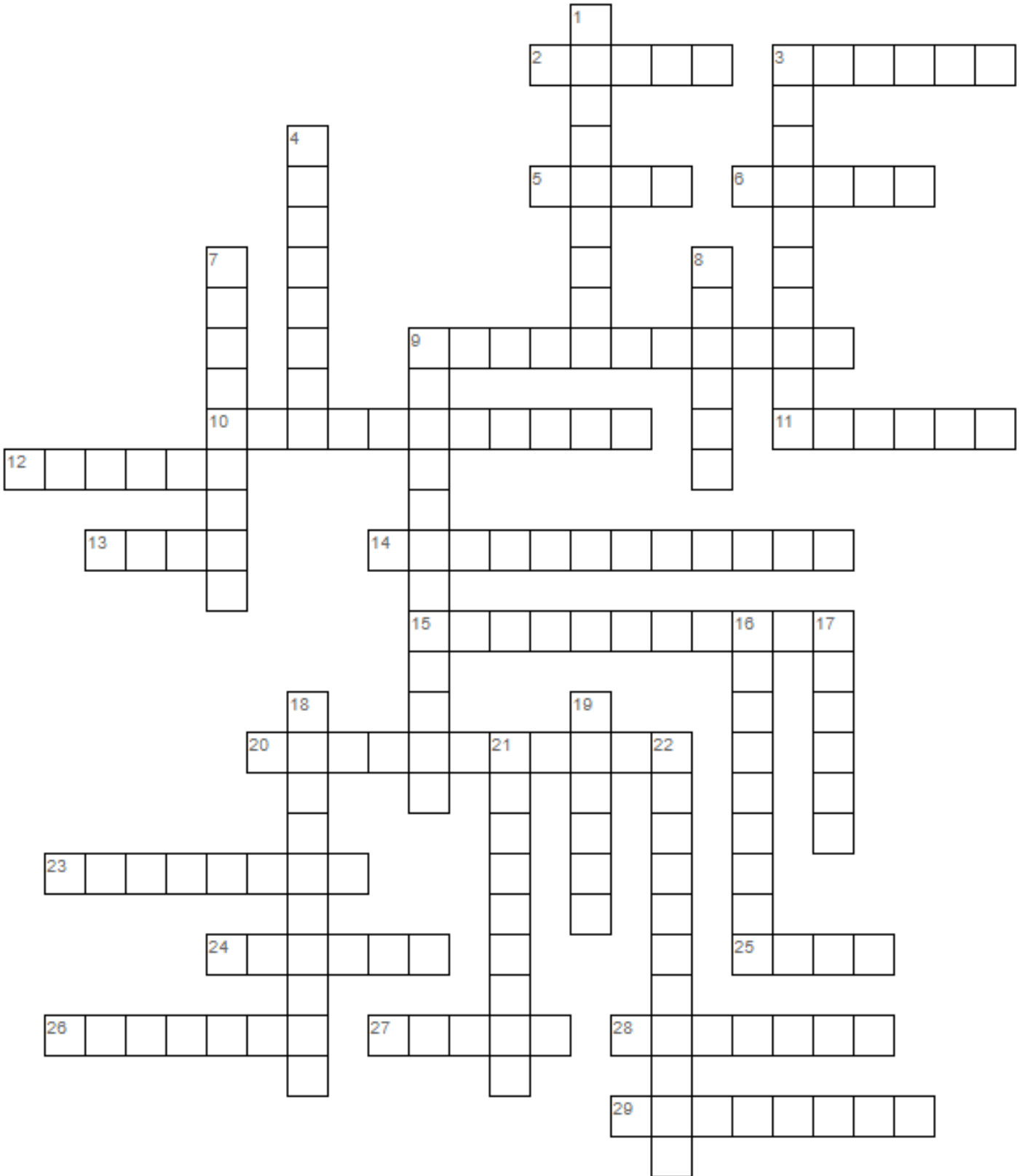
M W V P I E A N T N B T U M K T V W Z I
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L J S U I X N Z H R L D S N O W H X O N
T M K Z V H F A H I T H G I L O O I I C
E P O N O N S Z D F Y T N Y C H R S D X
N M H M L J E O U A W P I O O L E Q J Z
N F E T O S F G C W W U L B Y A R R V U
O B J D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

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

| | | |
|-----------|--------------|------------|
| bunny | bonnet | rabbit |
| daffodils | hyacinth | chicks |
| lambs | jellybeans | eggs |
| ducklings | hotcrossbuns | chocolate |
| easteregg | basket | seedlings |
| iris | spring | beginnings |



SPRING



SPRING CROSSWORD QUESTIONS



ACROSS

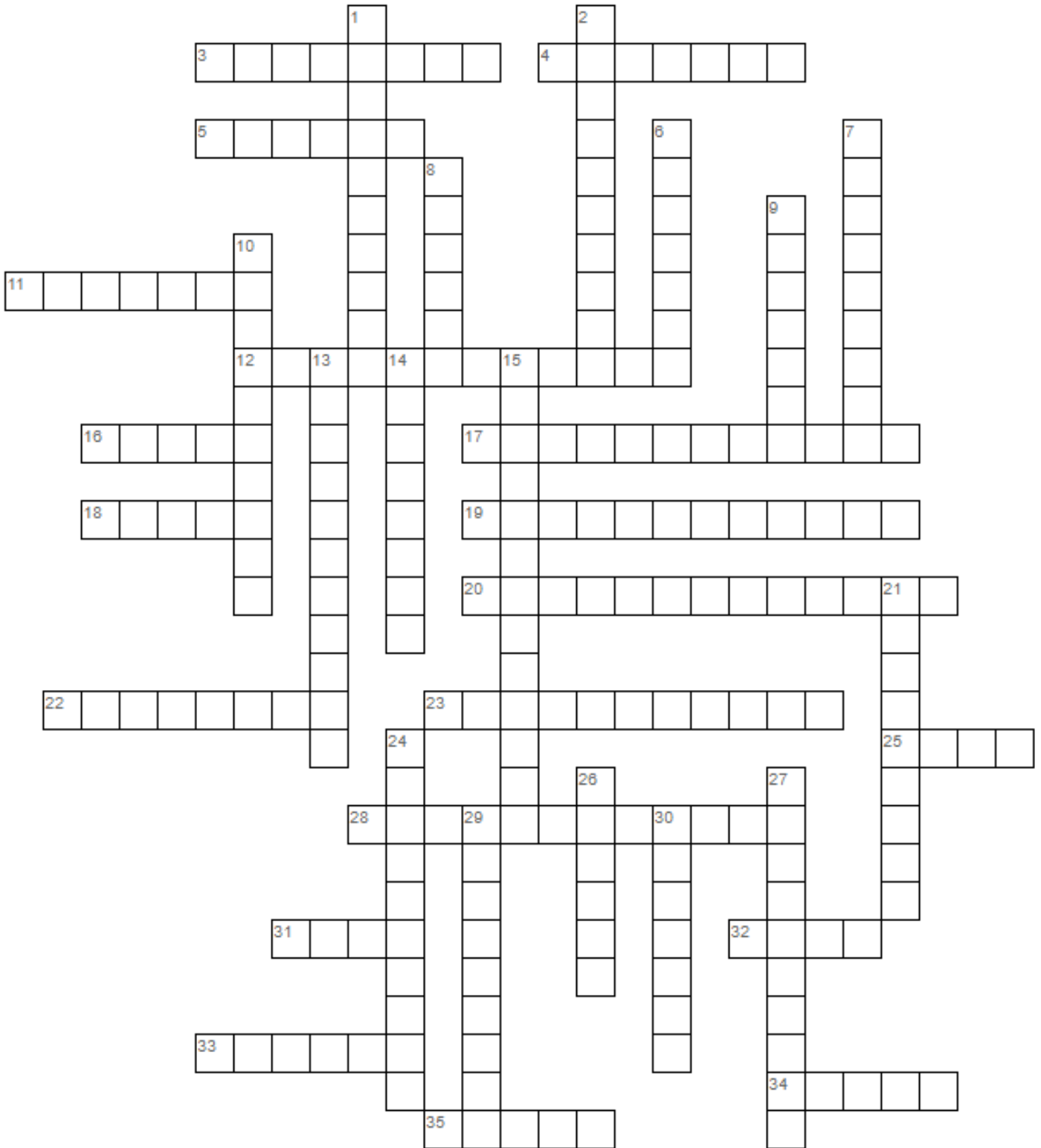
- 2 Part of a flower
- 3 The season after winter in the southern hemisphere
- 5 Schools in Australia have these outdoor carnivals in spring to raise funds for their school
- 6 These feathered creatures return back as the weather warms up
- 9 In spring some animals rise from their dormant state called what?
- 10 Bees start doing this in early spring
- 11 Deciduous trees lose these in the winter but they regrow in the spring
- 12 Spring precedes this season in the southern hemisphere
- 13 An area of grass kept mowed and smooth
- 14 The name of the race that stops a nation in Australia?
- 15 Before it's a butterfly
- 20 An insect with brightly coloured wings start appearing in spring
- 23 The light of the sun
- 24 Holland is famous for these bulb plants
- 25 The most amount of this falls in the spring
- 26 Colloquialism describing a young person - a spring what?
- 27 The first month of spring in the northern hemisphere
- 28 The stage or time of flowering
- 29 Allergy usually experienced in spring

DOWN

- 1 The month that starts the spring season in Australia
- 3 A Chinese snack consisting of a pancake filled with vegetables and fried
- 4 Yellow spring flowers
- 7 A word describing baby animals or humans
- 8 Yellow flowered trees in Australia
- 9 A square piece of material usually used for wiping one's nose
- 16 A machine for cutting grass
- 17 Spring marks the start of what carnival in Australia?
- 18 The sunshine state
- 19 Spring follows this season in the southern hemisphere
- 21 Sweetness of smell
- 22 Thorough cleaning of a house or room



INSTRUMENTS OF THE ORCHESTRA



INSTRUMENT CROSSWORD QUESTIONS



ACROSS

- 3 Electronic piano
- 4 Used in Fanfares
- 5 Favourite of rock music
- 11 Takes its name from the Italian for 'small'
- 12 Larger and differently shaped than the standard clarinets
- 16 The highest pitched instrument of the woodwind section
- 17 A smaller vertical version of a hammered instrument
- 18 Not simply a big violin
- 19 We are now starting to enter the world of the larger instruments
- 20 Highest voice in a brass band
- 22 The sliding instrument
- 23 Produces a sound by plucking the strings within its soundboard
- 25 The sound is sometimes described as a 'pastoral' sound
- 28 It can play very low notes indeed, but they somehow just don't sound deep - they are more like a crackle
- 31 Those used today in folk music across the world such as the Irish version
- 32 This is as big as they get
- 33 It may be a little provocative to suggest that everything else is there merely as an accompaniment
- 34 One of the oldest instruments in western music, uses a series of pipes to produce its distinctive sound
- 35 An Italian word meaning 'little violone'

DOWN

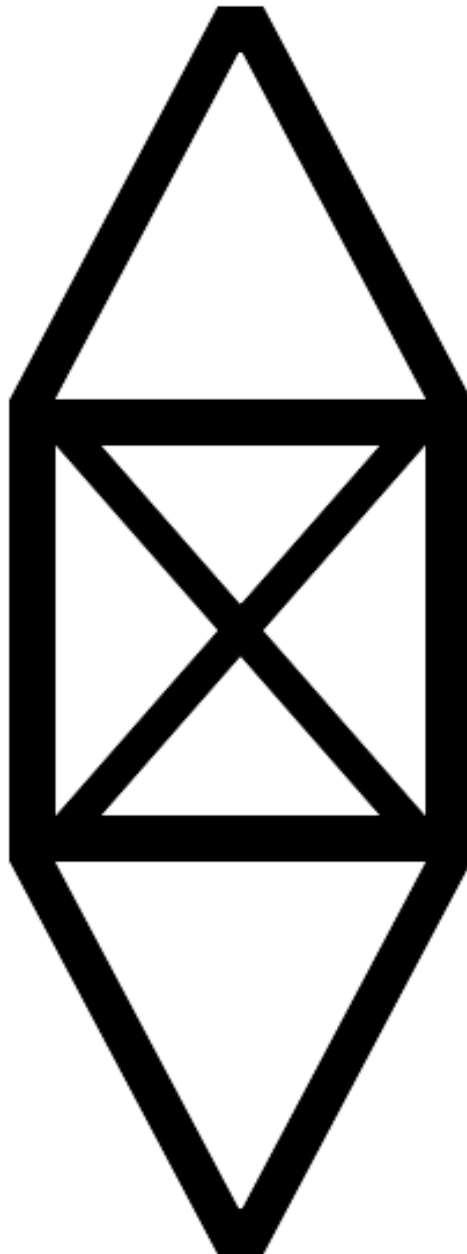
- 1 The alto of the double-reed family
- 2 Is thought by many to be the most beautiful sounding instrument in the orchestra
- 6 The very minimum a brass band can get away with
- 7 Sort of 'middle of the brass band' instrument
- 8 This is a sort of 'overgrown cornet'
- 9 Underlying heartbeat of the orchestra
- 10 The largest string instrument in the orchestra
- 13 Allowed for the creation of entirely synthesized sounds
- 14 Played by Benny Goodman
- 15 Jack of all trades in the cornet family
- 21 A baby tuba
- 24 A large horizontal version of a hammered instrument
- 26 Principle instrument in brass bands
- 27 Drums, cymbals, xylophones, triangles
- 29 The jazz instrument
- 30 The lowest sounding member of the woodwind family



DRAWING PUZZLE

Can you move around this shape without overlapping or picking up your pen?

We can not tell you where to start. It is not as easy as you think...



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...

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| 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 |

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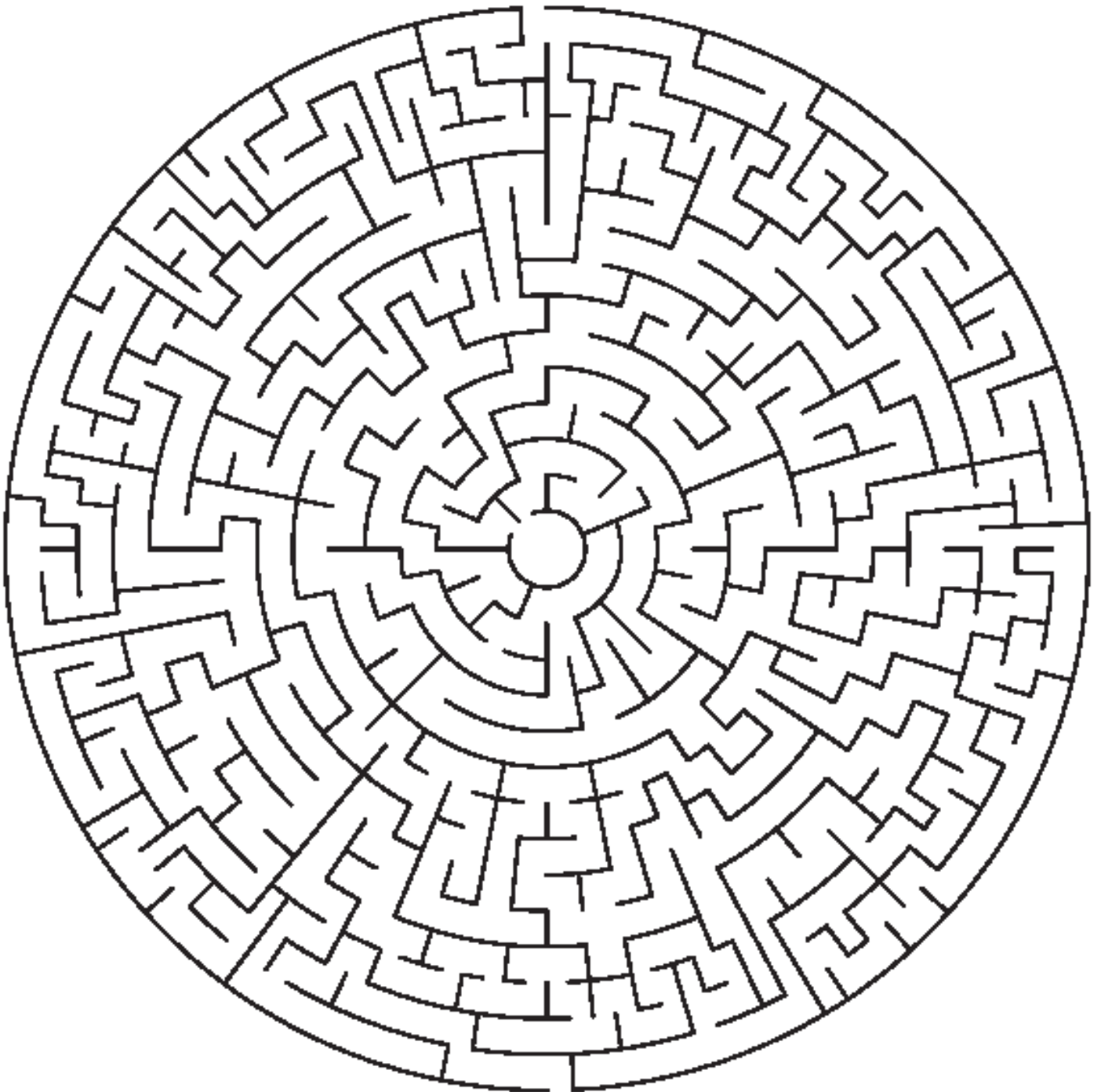
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| 8 | 5 | | | | 1 | | | 6 |
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| 2 | | | | 5 | 6 | | | 4 |
| 6 | | | 1 | | 9 | | 7 | |
| 7 | | 1 | | 4 | | | | 9 |
| | 1 | | 9 | | | 4 | 6 | |
| | 9 | 6 | | | 8 | | | 7 |
| | 7 | | 6 | | | | | 1 |



MAZE PUZZLE

START



FINISH

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...

- ⇒ the Internet was originally called ARPANet (Advanced Research Projects Agency Network) designed by the US department of defense
- ⇒ toilets use 35% of indoor water use
- ⇒ the fortune cookie was invented in San Francisco
- ⇒ Koalas sleep around 18 hours a day
- ⇒ the first Burger King was opened in Florida Miami in 1954
- ⇒ all insects have 6 legs
- ⇒ the croissant was invented in Austria
- ⇒ In eastern Africa you can buy beer brewed from bananas
- ⇒ African Grey Parrots have vocabularies of over 200 words
- ⇒ a giraffe can clean its ears with its 21 inch tongue
- ⇒ Australia was originally called New Holland
- ⇒ 'Lonely Planet' for travellers is based in Melbourne Australia
- ⇒ "the quick brown fox jumps over the lazy dog" uses every letter in the English alphabet
- ⇒ the Grand Canyon can hold around 900 trillion footballs
- ⇒ all the blinking in one day equates to having your eyes closed for 30 minutes
- ⇒ your foot has 26 bones in it
- ⇒ the average human brain contains around 78% water
- ⇒ 1 nautical knot equates to 1.852 Kph (1.150 mph)
- ⇒ if you add up all the numbers from 1 to 100 consecutively (1 + 2 + 3...) it totals 5050
- ⇒ sponges hold more cold water than hot
- ⇒ lightning strikes the Earth 6,000 times every minute
- ⇒ fire usually moves faster uphill than downhill
- ⇒ cats have over 100 vocal chords
- ⇒ camel's milk doesn't curdle
- ⇒ elephants sleep between 4 - 5 hours in 24 period



WORD OF THE DAY

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

1. **effulgent** [pronounced: ih-fuhl-juhnt]
Shining forth brilliantly; radiant
2. **palmary** [pronounced: pal-muh-ree]
Having or deserving to have the palm of victory or success; praiseworthy
3. **fustigate** [pronounced: fuhs-ti-geyt]
To criticize harshly; castigate
4. **concatenation** [pronounced: kon-kat-n-ey-shuhn]
A series of interconnected or interdependent things or events
5. **peduncle** [pronounced: pi-duhng-kuhl]
A flower stalk, supporting either a cluster or a solitary flower
6. **emulous** [pronounced: em-yuh-luhs]
Desirous of equalling or excelling
7. **abecedarian** [pronounced: ey-bee-see-dair-ee-uhn]
Arranged in alphabetical order
8. **foozle** [pronounced: foo-zuhl]
To bungle; play clumsily
9. **vernal** [pronounced: vur-nl]
Of or relating to Spring
10. **gasconade** [pronounced: gas-kuh-neyd]
Extravagant boasting; boastful talk
11. **nescience** [pronounced: nesh-uhns]
Lack of knowledge, ignorance

Autism is not an illness nor disease

In recognition of autism week, here are some facts & quizzes

What causes Autism?

- Research indicates that genetics are involved in the vast majority of cases.
- Children born to older parents are at a higher risk for having autism.
- Parents who have a child with ASD have a 2 to 18 percent chance of having a second child who is also affected.
- Studies have shown that among identical twins, if one child has autism, the other will be affected about 36 to 95 percent of the time. In non-identical twins, if one child has autism, then the other is affected about 31 percent of the time.
- Over the last two decades, extensive research has asked whether there is any link between childhood vaccinations and autism. The results of this research are clear: Vaccines do not cause autism.



Autism FACTS

- Autism spectrum disorder now affects 1 in 68 children. Boys are nearly 5 times more likely than girls to be diagnosed with ASD.
- Autism spectrum disorder is one of the fastest-growing developmental disorders in the United States. ASD is more common than childhood cancer, diabetes and AIDS combined.
- The term stems from the Greek word autos meaning “self”, autism literally means “alone”.
- Autism spectrum disorder affects all nationalities, all creeds, all religions, all races and both sexes. It doesn't differentiate or affect only one group or another.
- Autism spectrum disorder is a developmental disability that generally appears before the age of 3.
- Individuals with autism spectrum disorder have communication deficits. It is important to distinguish between spoken language and social communication deficits.
- Autism spectrum disorder is not degenerative. Individuals with ASD can continuously improve. They are most likely to improve with specialized, individualized services and opportunities for supported inclusion.



AUTISM WEEK

Studies show vigorous activity for more than 20 minutes can help decrease stereotypical behaviours, hyperactivity, and aggression. Exercise not only helps children with autism better engage in the environment, but also helps promote weight loss and leads to better overall health.



BEAR CRAWLS

- ⇒ Kneel on all fours, with hands under shoulders and knees under hips.
- ⇒ Extend legs until slightly bent. Spread your fingers wide to have optimal contact with the floor.
- ⇒ Walk using your feet and hands across the floor approximately 10-20 feet.
- ⇒ Walk backward in the same fashion.
- ⇒ Try switching up the speed and direction for optimal results.
- ⇒ If this movement is too hard, hands-on guidance at the hips from an instructor can help

MEDICINE BALL SLAMS

- ⇒ Begin in a standing position, holding a medicine ball in both hands.
- ⇒ Raise the ball up overhead with straight arms.
- ⇒ Slam the ball down to the ground with as much force as possible.
- ⇒ Bend at the knees to pick up the ball and repeat the movement 20 times.
- ⇒ You can make this exercise harder by throwing the ball to hit a target or increasing the weight of the ball.

STAR JUMPS

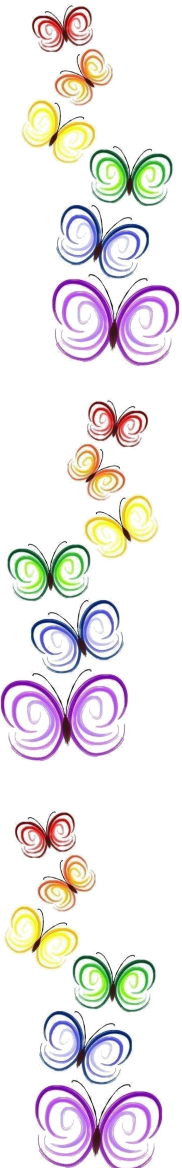
- ⇒ Begin in a squatting position with knees bent, feet flat on the floor, and arms tucked in toward the chest.
- ⇒ Quickly jump up from squatting, extending arms and legs wide into an X.
- ⇒ On landing, return to starting position with arms and legs tucked in.
- ⇒ Repeat for up to 20 repetitions or until fatigued

ARM CIRCLES

- ⇒ Stand with feet shoulder-width apart, arms by your side.
- ⇒ Extend arms straight out to the side at shoulder height.
- ⇒ Start making small circles with the hands, keeping the arms straight.
- ⇒ Gradually make the circles bigger and bigger, creating the movement from the shoulders.
- ⇒ Repeat 20 times, then repeat in other direction

MIRROR EXERCISES

- ⇒ Stand face a partner hands by your side.
- ⇒ Have your partner start making slow movements with their arms. Try starting with circles and progressing to more complex patterns.
- ⇒ Mimic your partner's movement as if you were looking at yourself in a mirror.
- ⇒ Try lightly touching hands
- ⇒ Continue this activity for 1-2 minutes. Try incorporating other body parts such as the head, trunk, and legs. Repeat 3-5 times



Quiz

World
Autism
Awareness
Week
2021

29 March
- 4 April

Guess who round

Part one: Well-known autistic people

1. Swedish environmental activist who began the Schools Strike for Climate movement
2. Welsh Oscar-winning actor who starred as Hannibal Lector
3. English television personality who stars as the Governess on *The Chase*
4. English naturalist who presents *Springwatch* and *Autumnwatch*
5. English architectural artist who was awarded an MBE in 2006

Part two: Historical figures thought to be autistic

6. Austrian child musical prodigy who composed more than 600 works
7. German theoretical physicist who developed the theory of relativity
8. British mathematician whose code cracking helped win World War 2
9. 3rd President of the United States and principal author of the Declaration of Independence

Sensory differences

Autistic people may experience over- or under-sensitivity to sounds, touch, tastes, smells, light, colours, temperatures or pain. For example, they may find certain background sounds like music in a restaurant, which other people ignore or block out, unbearably loud or distracting. This can cause anxiety or even physical pain.

Many autistic people avoid everyday situations because of their sensitivity issues. Schools, workplaces and shops can be particularly overwhelming and cause sensory overload. There are many simple adjustments that can be made to make environments more autism-friendly.

If an autistic person is over-sensitive to light, you can help by:

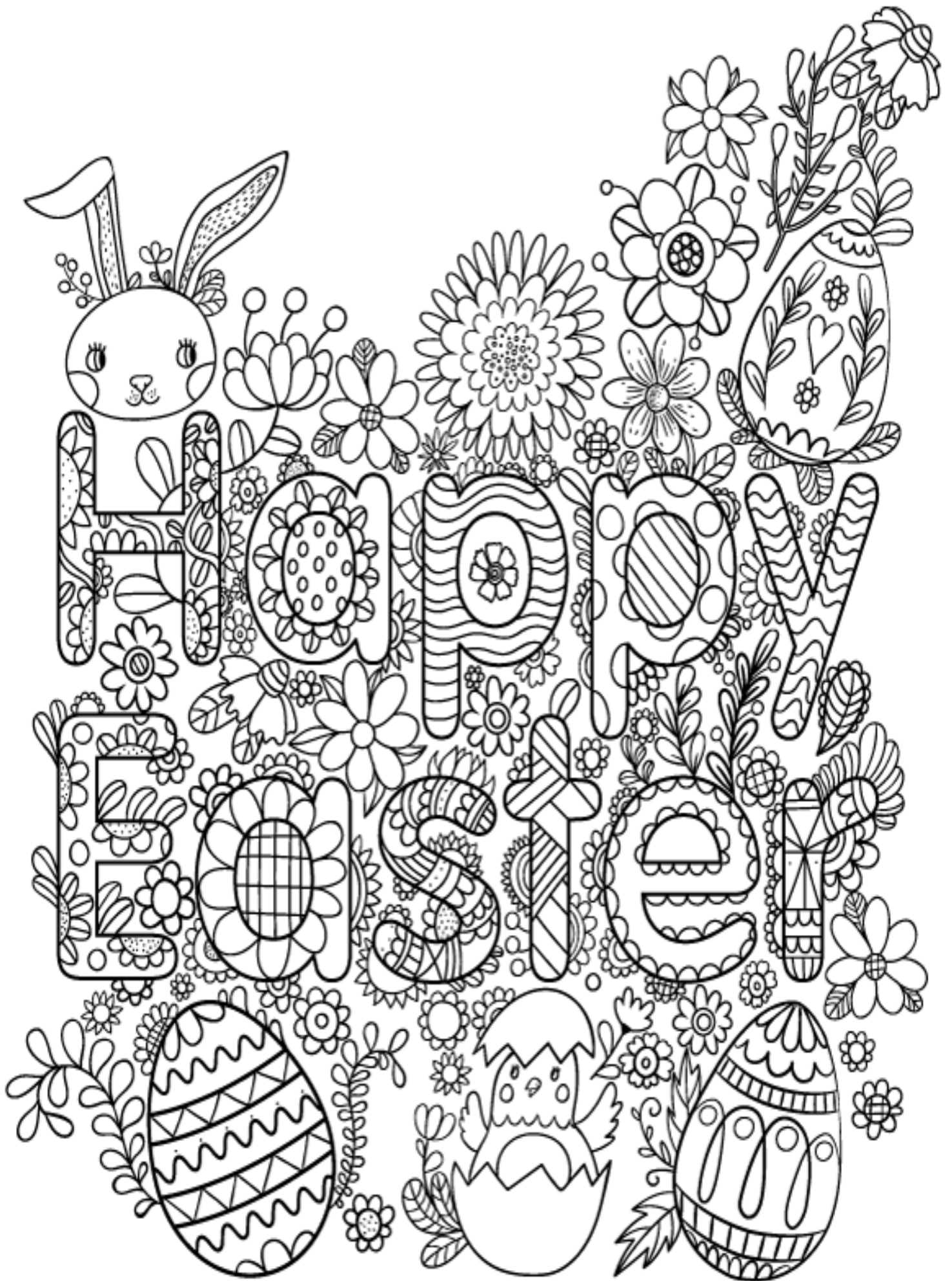
- dimming glaring lights
- providing sunglasses
- using blackout curtains.

If the person is over-sensitive to sound, you could help by:

- shutting doors and windows to reduce external sounds
- creating a screened workstation in the classroom or office, positioning the person away from doors and windows
- providing ear plugs or music to listen to.

If a person is over-sensitive to touch, you could help by:

- warning the person if you are about to touch them - always approach them from the front
- remembering that a hug may be painful rather than comforting
- turning clothes inside out so there is no seam, removing any tags or labels.











QUIZ ANSWERS

spoiler alert:
answers are from this point forward

ANSWER

EASTER WORD SEARCH

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| S | N | A | E | B | Y | L | L | E | J | Q | S | G | N | I | L | K | C | U | D |
| L | J | S | U | I | X | N | Z | H | R | L | D | S | N | O | W | H | X | O | N |
| T | M | K | Z | V | H | F | A | H | I | T | H | G | I | L | O | O | I | I | C |
| E | P | O | N | O | N | S | Z | D | F | Y | T | N | Y | C | H | R | S | D | X |
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| V | I | F | H | H | Q | P | S | M | E | W | N | S | R | P | I | Q | B | X | V |
| G | J | L | J | K | F | B | B | K | T | F | H | I | H | E | C | K | U | I | B |
| Y | J | L | N | X | I | G | K | Z | E | F | S | A | N | H | T | T | H | M | J |
| V | S | N | U | B | S | S | O | R | C | T | O | H | I | N | J | S | P | I | T |
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| L | U | L | H | U | Q | K | H | I | F | S | R | G | E | D | Y | R | E | D | F |
| H | G | N | J | X | V | M | Q | Q | O | Y | R | A | B | B | I | T | W | B | R |
| G | D | A | N | M | I | H | M | K | X | X | I | F | H | S | R | I | Q | G | L |
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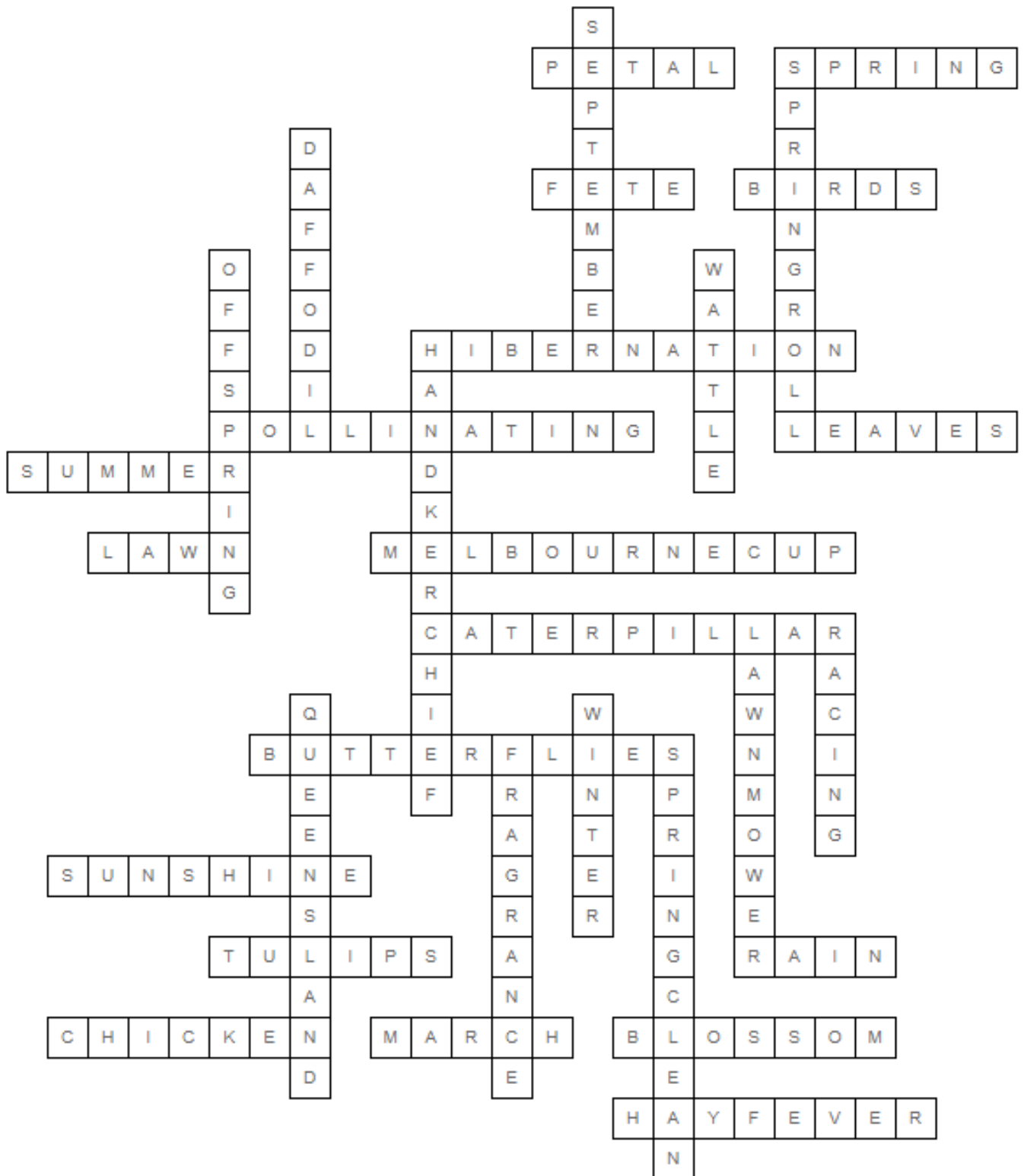
BUNNY
DUCKLINGS
BONNET
HOTCROSSBUNS
RABBIT
CHOCOLATE

DAFFODILS
EASTEREGG
HYACINTH
BASKET
CHICKS
SEEDLINGS

LAMBS
IRIS
JELLYBEANS
SPRING
EGGS
BEGINNINGS

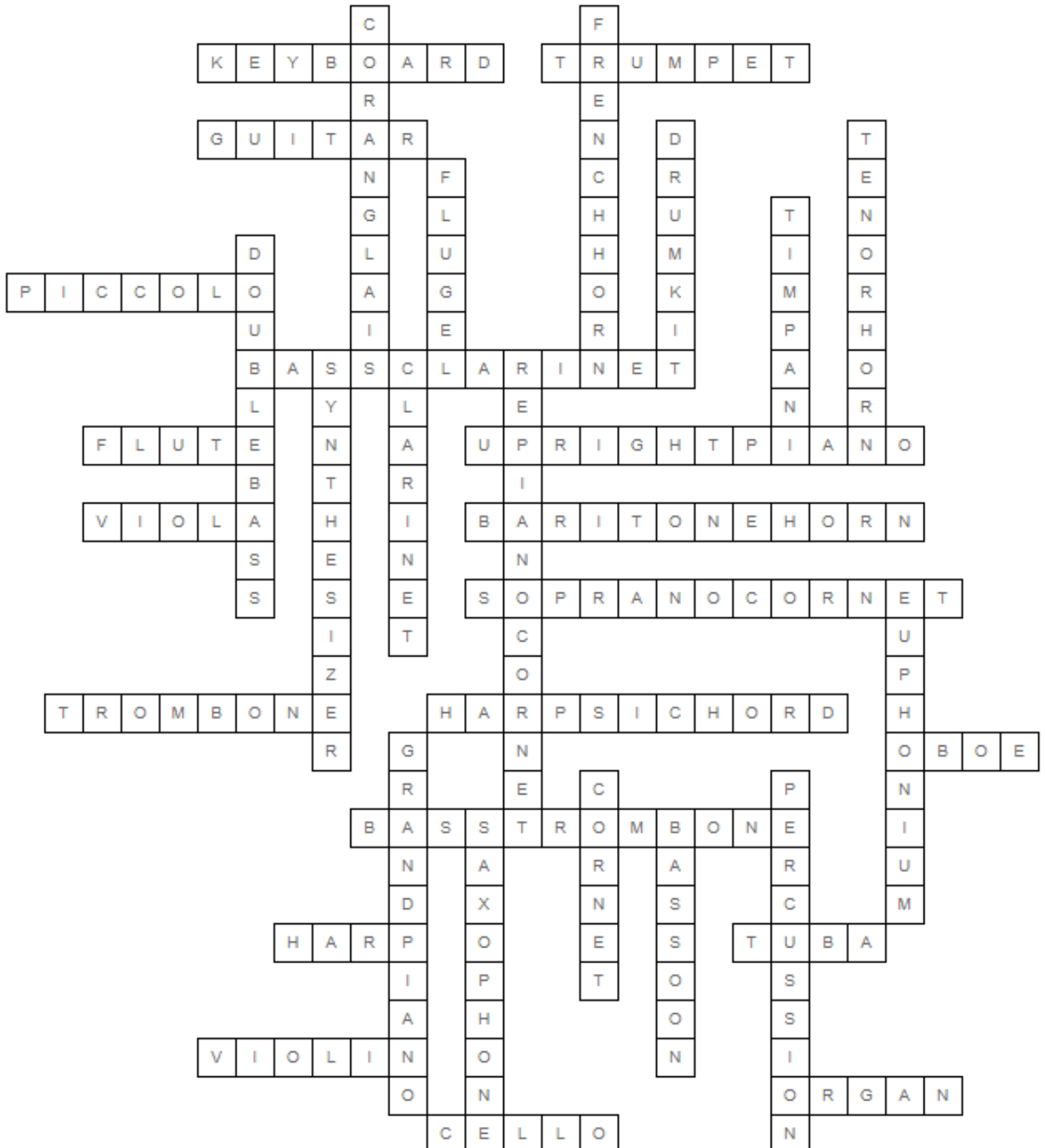
ANSWER

SPRING CROSSWORD



ANSWER

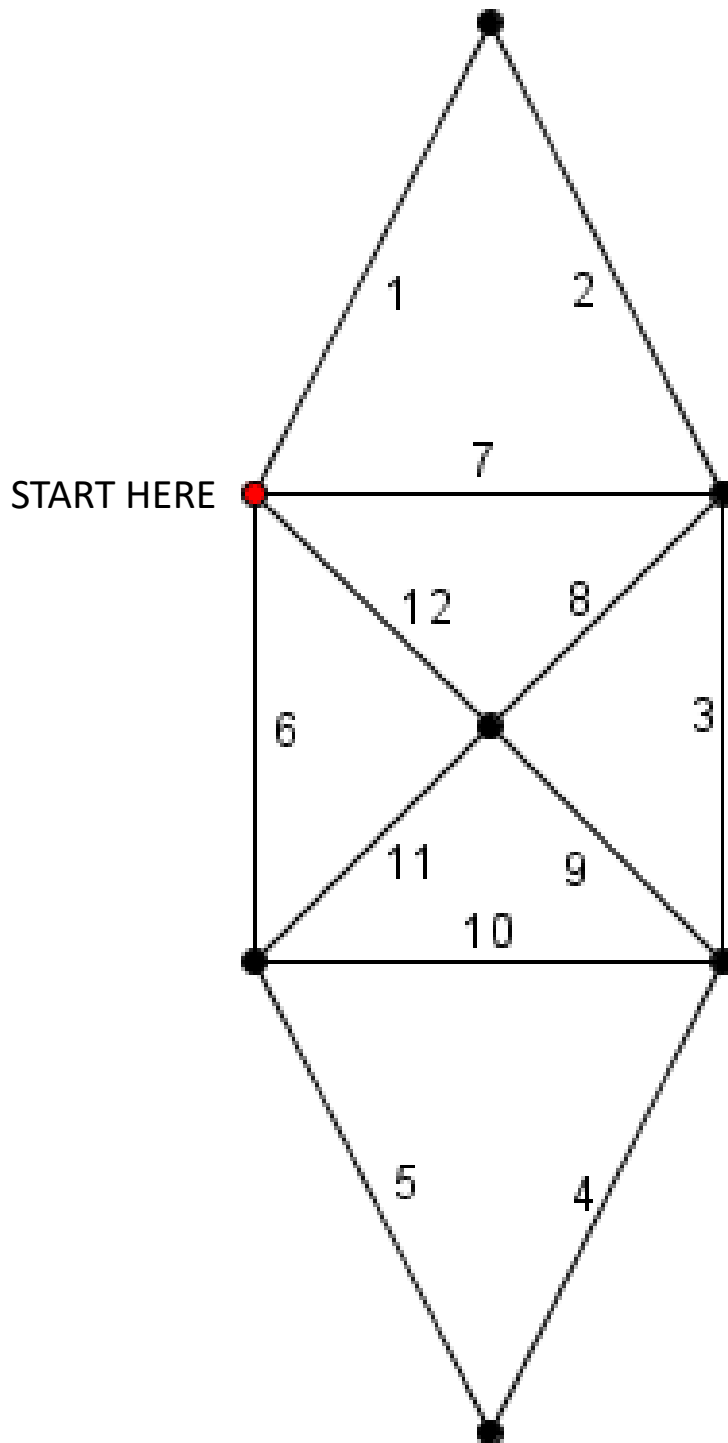
ORCHESTRA INSTRUMENT CROSSWORD



ANSWER

DRAW PUZZLE

MOVE AROUND THE SIDES IN NUMERICAL ORDER



ANSWER

SUDOKU

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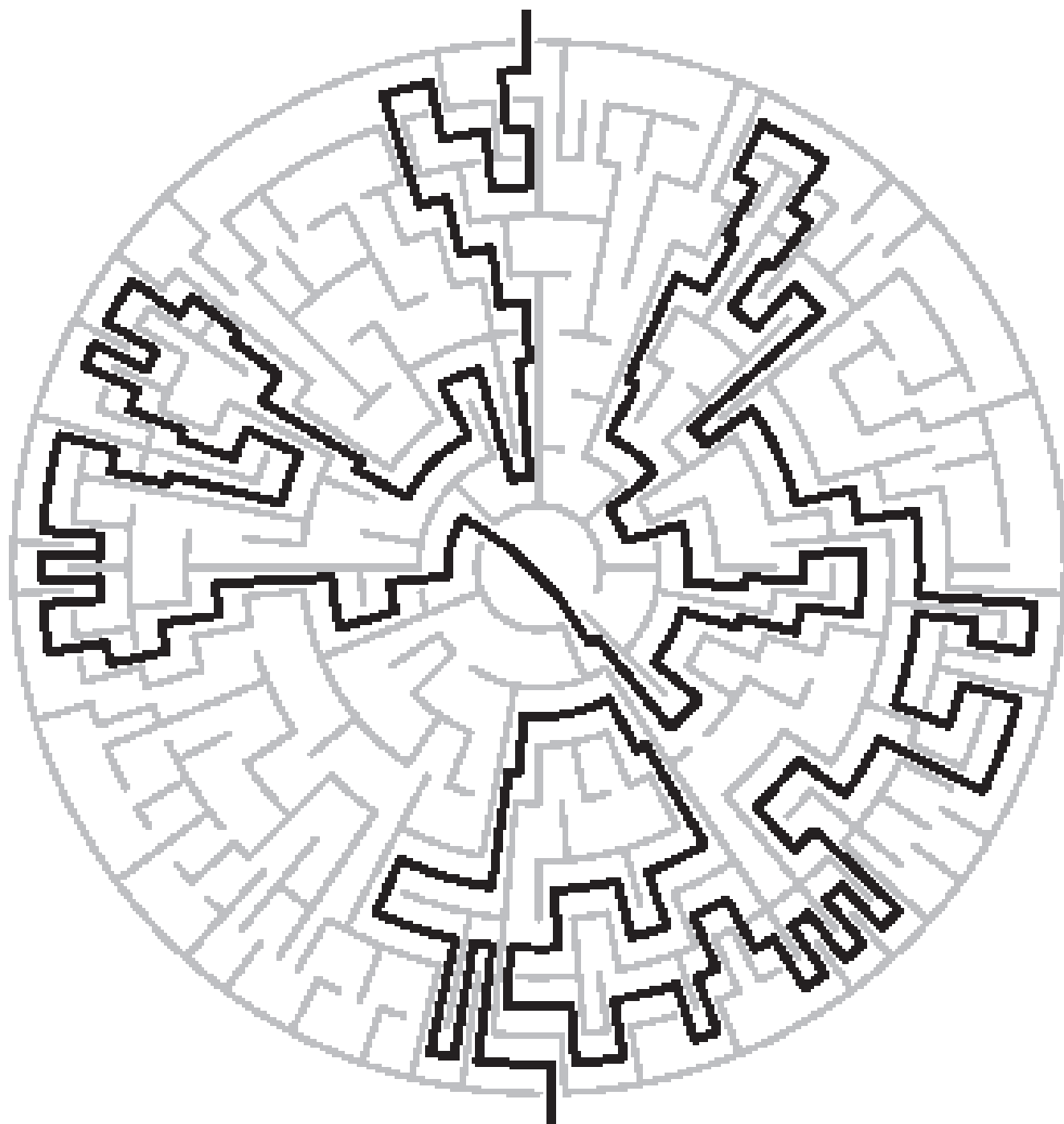
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| 9 | 8 | 1 | 3 | 6 | 5 | 2 | 7 | 4 |
| 6 | 3 | 5 | 2 | 7 | 4 | 8 | 1 | 9 |
| 2 | 4 | 7 | 9 | 1 | 8 | 6 | 3 | 5 |
| 7 | 2 | 8 | 4 | 9 | 6 | 1 | 5 | 3 |
| 1 | 9 | 6 | 5 | 3 | 2 | 4 | 8 | 7 |
| 4 | 5 | 3 | 7 | 8 | 1 | 9 | 6 | 2 |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 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 |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 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 |

ANSWER

MAZE



Part one: Well-known autistic people

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|---|-------------------|
| 1. Swedish environmental activist who began the Schools Strike for Climate movement | Greta Thunberg |
| 2. Welsh Oscar-winning actor who starred as Hannibal Lector | Anthony Hopkins |
| 3. English television personality who stars as the Governess on <i>The Chase</i> | Anne Hegerty |
| 4. English naturalist who presents <i>Springwatch</i> and <i>Autumnwatch</i> | Chris Packham |
| 5. English architectural artist who was awarded an MBE in 2006 | Stephen Wiltshire |

Part two: Historical figures thought to be autistic

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|---|-------------------------|
| 6. Austrian child musical prodigy who composed more than 600 works | Wolfgang Amadeus Mozart |
| 7. German theoretical physicist who developed the theory of relativity | Albert Einstein |
| 8. British mathematician whose code cracking helped win World War 2 | Alan Turing |
| 9. 3rd President of the United States and principal author of the Declaration of Independence | Thomas Jefferson |



Stronger Together