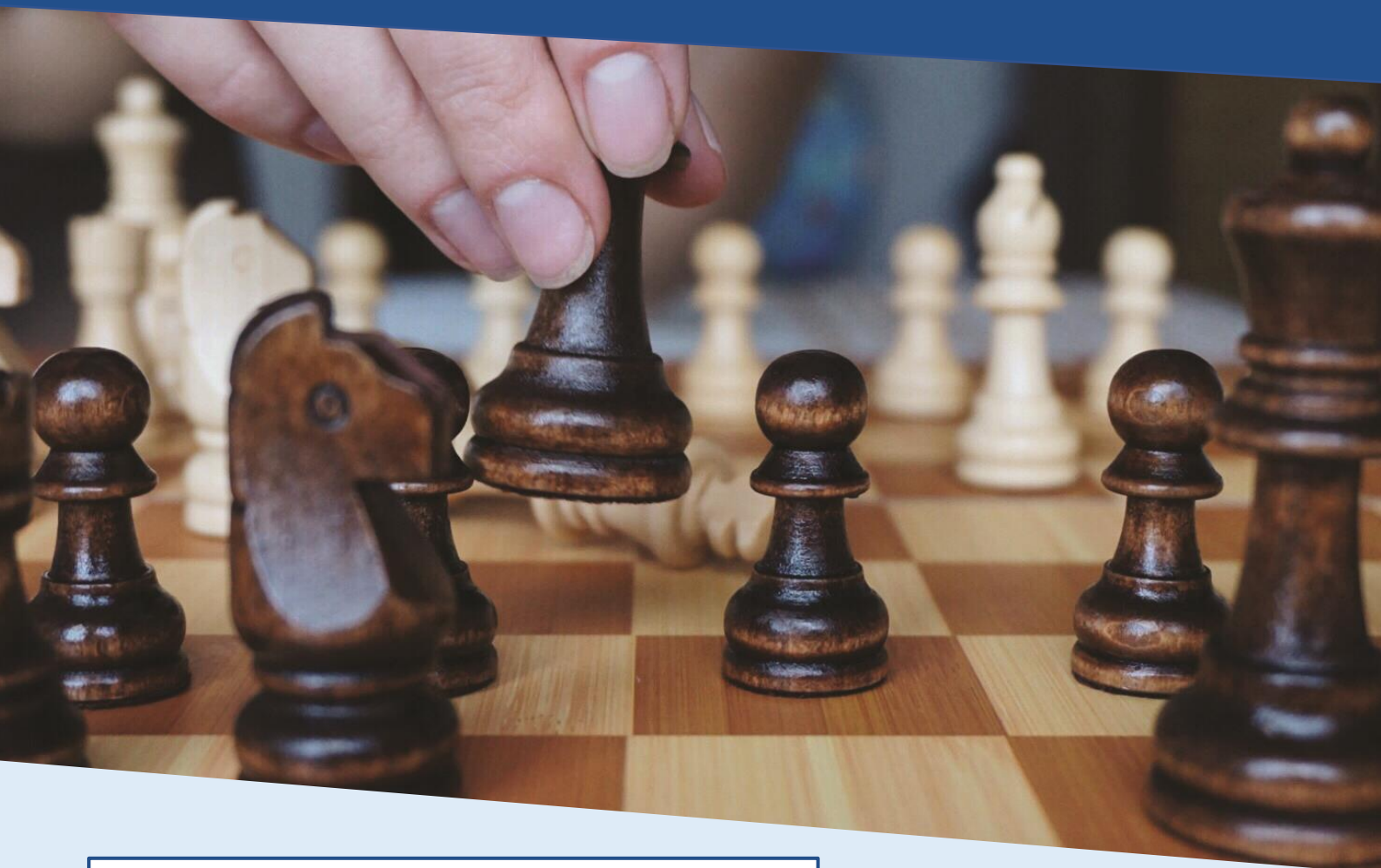


# Keeping your brain active.

**Type of Pack:** Activity  
**Week number:** 4



Prison:  
Name:  
Location:  
Pack to be completed by:

# **ACTION PACKS PACKED FULL OF ACTION**

## **PUZZLE OVER THIS**

3. A musical word search.
4. A Motown Word search!
5. Sudokus and stories.
6. Sudokus and stories...but harder!
7. A crossword to concentrate on.
8. A spoonful of Only Connect.
9. A spoonful of Pointless!

## **THE QUIZ IS ON**

10. The music quiz!
11. The second half and answers, don't peak or you won't be our fellow DJ!
12. A sport quiz!
13. Geography genius at the ready!

## **DIY ACTIVITIES**

14. Crazy colouring to soothe the soul!
15. Dots, dots and more dots!
16. Don't frown its Charlie Brown!

## **GAME ON**

17. British spirit animal!

## **Culture Corner**

18. Poetry taster!

## **Storytime**

19. 'The Wind in the Willows'  
Part 4

## **daily life**

20. Daily Life Newsletter
21. Mind for Life
22. A Sound Life

## **WEIRD WORLD**

23. Conspiracy corner! Have you heard of these?
24. Conspiracy corner part 2.
25. Most Haunted – Country wide!
26. Most Haunted part 2...if you can handle it.

## **Foods and Moves**

27. A 'Roller Coaster' of a workout, from Darbee.com.

## *Get away*

28. Tasty travelling!

# PUZZLE OVER THIS

## Musical Instruments

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

SITAR  
GLOCKENSPIEL  
SOUSAPHONE  
TIN WHISTLE  
PIPE ORGAN  
MANDOLIN  
CELLO  
THEREMIN  
DRUM KIT  
BANJO  
BASS GUITAR  
VIOLIN  
TAMBOURINE  
CLAVINET  
PIANO  
LUTE  
HARP  
HARPSICHORD  
TUBA

Don't worry, we got you!



The **clavinet** is an electrically amplified clavichord that was invented in West Germany from 1964 to the early 1980s. Its distinctive bright staccato sound has featured most prominently in funk, jazz-funk, reggae, rock, and soul songs.

The theremin is an electronic musical instrument controlled without physical contact by the thereminist (performer). The instrument's controlling section usually consists of two metal antennas that sense the relative position of the thereminist's hands and control oscillators for frequency with one hand, and amplitude (volume) with the other. The electric signals from the theremin are amplified and sent to a loudspeaker.



The **sousaphone** is a brass instrument in the same family as the more widely known tuba. Unlike the tuba, the instrument is bent in a circle to fit around the body of the musician!



## Motown

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

SMOKEY ROBINSON  
STACY LATTISAW  
DEBARGE  
THE SPINNERS  
MARVIN GAYE  
STEVIE WONDER  
THE MIRACLES  
VANITY  
MARTHA REEVES  
MARY WELLS  
THE SUPREMES  
RICK JAMES  
FOUR TOPS  
LIONEL RICHIE



## Sudoku style!

Each row, column, and nonet must contain each number (typically 1 to 9) exactly once.

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

#66739

Difficulty: easy

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

#201381

Difficulty: easy

## Get to know Grigori Perelman

Perelman was awarded \$1m last month for proving one of the most famous open questions in maths, the Poincaré Conjecture. But the Russian recluse has refused to accept the cash. He had already turned down maths' most prestigious honour, the Fields Medal in 2006. "If the proof is correct then no other recognition is needed," he reportedly said. The Poincaré Conjecture was first stated in 1904 by Henri Poincaré and concerns the behaviour of shapes in three dimensions. Perelman is currently unemployed and lives a frugal life with his mother in St Petersburg.



No ta.

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

Solution of sudoku #201381:

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

Solution of sudoku #66739:



**SU DO (k) U think your hard enough for these ones?**  
**Did you know?**

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

#154481

Difficulty: hard

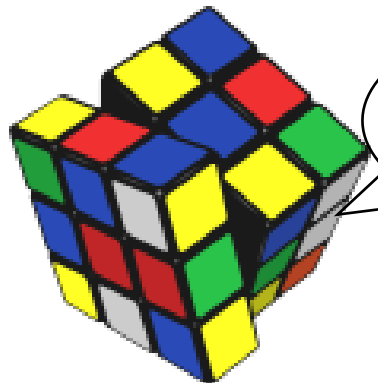
			2		5			
1	7					8		5
		5	3					
		8	9		4	1		
5			1			7		
								6
						2		
	6	9			8	4		
3			4	1				

#131674

Difficulty: hard

**Did you know?**

It should take no more than 20 moves to solve a Rubik's cube no matter which of the 43 quintillion possible starting positions you begin with.



Duh!

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

Solution of sudoku #154481:

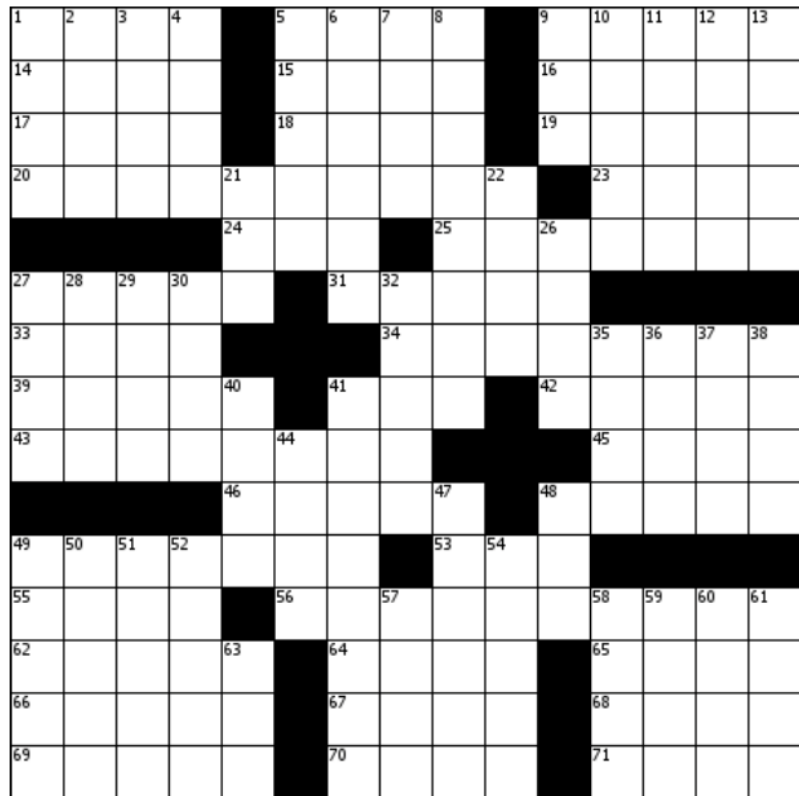
9	6	5	2	1	4	7	8	3
7	1	4	8	3	5	6	9	2
3	8	2	9	6	7	1	5	4
9	4	3	7	5	8	2	1	6
8	6	7	3	2	1	9	5	4
2	5	1	4	9	6	8	3	7
4	7	6	1	8	3	5	2	9
5	2	8	6	4	9	3	7	1
1	3	9	5	7	2	4	8	6

Solution of sudoku #131674:

## Time for a crossword and cup of tea?

### Across

1. Courageous
5. Male cats
9. Ziti, e.g.
14. Nautical shout
15. Radiate
16. Decorate
17. Chablis, e.g.
18. Carson's successor
19. Fortuneteller's card
20. Lumberjack's sport
23. Solidifies
24. Compass direction (abbr.)
25. Enthusiastically
27. Speed checker
31. Hiking path
33. Army division
34. Religious skeptic
39. Small porch
41. Baked dessert
42. Inferior
43. Airport section
45. Lounge
46. Upper body
48. Cindy Crawford, e.g.
49. Tapioca source



53. School org.

55. Abhor

56. Car generator

62. Sardonic wit

64. Folk wisdom

65. Flank

66. Slack

67. Ages

68. Burn reliever

69. Small bay

70. Not as much

71. Brew coffee

### Down

1. Cry loudly

2. Cleveland's state

3. Extensive

4. Tinter

5. Narrates

6. Brunch dish

7. Short skirt

8. Caveman's era (2 wds.)

9. Tap gently

10. Proverb

11. More painful

12. Online troublemaker

13. Fidgety

21. "\_\_\_\_ the ramparts..."

22. Increase

26. Gleam

27. Metal corrosion

28. Initial wager

29. Designer Christian

\_\_\_\_

30. Power source

32. Train tracks

35. Aria

36. Trampled

37. Man or Wight

38. \_\_\_\_ phone

40. Flat bread

41. Like lines that never cross

44. Certain star

47. Wagner works

48. Gent

49. Hot pepper

50. Slugger Hank \_\_\_\_

51. Counter seat

52. Sight or smell

54. Ringle

57. Ripped

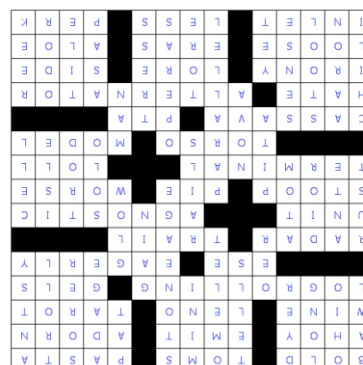
58. PDQ's kin

59. Ceramic piece

60. Fragrance

61. Stink

63. Nevertheless



## A spoonful of Only Connect



Give your brain cells a work out combining general knowledge, wordplay and lateral thinking....  
Sort these seemingly random words/phrases into four groups of four connected words – beware some may fall into more than one category, but there is only one answer....

Sandy	Bachata	Frenchy	Dunstable
Sherpa	Kenickie	Luton	Mambo
Cha Cha	Flitwick	Merengue	Rizzo
Transit	Salsa	Leighton Buzzard	Sprinter

Places in Bedfordshire: Sandy, Flitwick, Leighton Buzzard, Dunstable  
Vans: Sherpa, Transit, Luton, Sprinter  
Characters in Grease: Cha Cha, Kenickie, Frenchy, Rizzo  
Latin dances: bachata, Salsa, Merengue, Mambo

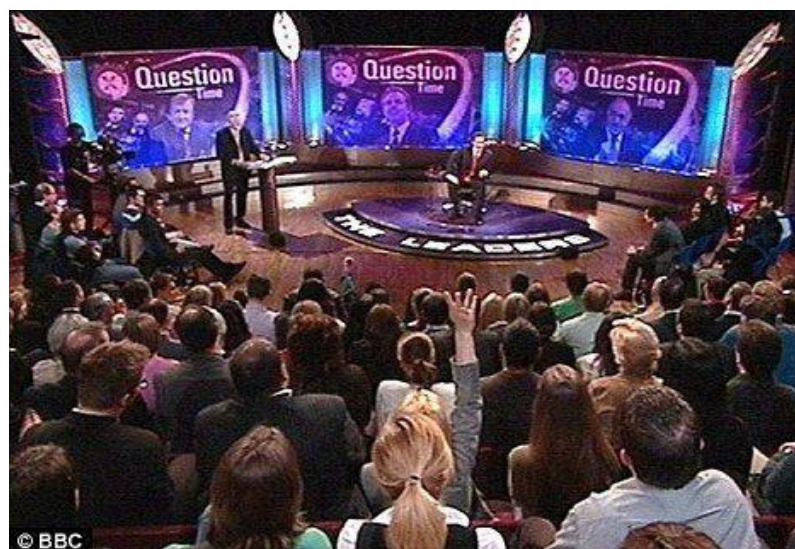


## Spoonful of Pointless.



Pointless asks a question of 100 people, which answer is the one the fewest people knew? Here are anagrams of cities that have hosted the summer Olympic Games. Can you unscramble the names and work out the most obscure answer?

NEW TRAP  
SMART DAME  
ONE RUMBLE  
GIN JIBE  
REAL BACON



Antwerp (9 answers) Amsterdam (21) Melbourne (6) Beijing (63), Barcelona (29)

# THE QUIZ IS ON



**Come on you Ken Bruce's.**

## 1960s

Engelbert Humperdinck had two number one hits in the 60s – name either of them



According to her 1968 top ten hit, what colour were singer Jacky's horses?

## 1970s

What was the title of the album by David Bowie that first contained the tracks *Drive-In Saturday*, *Panic in Detroit* and *The Jean Genie*?

Written by Stevie Wonder, what was the title of the 1977 top five hit achieved by David Parton? (Dolly Parton's brother!)



### 1980s

In 1984, Kool and the Gang made the top ten with their double A-sided hit, *Joanna* and which other song?



Duran Duran topped the charts on two separate occasions during the 80s: their second was *The Reflex* but what was the title of the first?

### 1990s

Name the two female singers who were featured on Todd Terry's 1997 top five *Something Goin' On*?

What was the name of the act that topped the charts in 1993 with their single *Mr Vain*?

### 2000s – present day

What was the title of the first chart hit single for Justin Timberlake?

Professor X was a top 20 hit in 2019 for which artist with a single name?

Release Me and The Last Waltz  
White  
Aladdin Sane  
Isn't She Lovely  
Tonight  
Is There Something I Should Know?  
Martha Wash and Jocelyn Brown  
Culture Beat  
Like I Love You  
Dave

## Sports quiz

1. How many points did Liverpool record in the 2019/20 Premier League season before football was postponed?
2. Name the only football team to sack Sir Alex Ferguson as a manager.
3. How many times has Rafael Nadal won the French Open?
4. Which team has won more trophies since the first Ryder Cup golf tournament in 1927 – USA or Great Britain/Europe?
5. Which international team currently sits top of the FIFA Men's World Rankings? (April 2020)
6. In which year did American Football star Tom Brady win his first Super Bowl with the New England Patriots?
7. Who is the only player to have scored in the Premier League, Championship, League 1, League 2, Conference, FA Cup, League Cup, Football League Trophy, FA Trophy, Champions League, Europa League, Scottish Premier League, Scottish Cup and Scottish League Cup?
8. Who is the last non-British, non-German Formula 1 driver to win the World Driver's title?
9. Eoin Morgan set the record for number of sixes in a one-day international cricket match against Afghanistan at the 2019 Cricket World Cup. How many sixes did he hit?
10. Which WWE superstar did Tyson Fury wrestle in 2019?



- Sports quiz answers**
1. 82
  2. St Mirren
  3. 12
  4. USA (26 – compared to Britain and Europe's combined total of 14)
  5. Belgium
  6. 2002
  7. Gary Hooper
  8. Kimi Raikkonen (2007)
  9. 17
  10. Braun Strowman

## Geography quiz



1. Which river flows through Paris?
2. In which country is the UK's highest mountain, Ben Nevis?
3. Mount Vesuvius overlooks which modern Italian city?
4. What is the highest active volcano in Europe?
5. Which European capital city is divided by canals into about 90 islands joined by about 400 bridges?
6. What's the world's biggest port?
7. Which South American country has land borders with ten other countries?
8. Which city is also known as 'The Eternal City'?
9. The Great Barrier Reef is off the coast of which Australian state?
10. Which island would you visit to kiss the Blarney Stone?

**Geography quiz answers**

1. The Seine
2. Scotland
3. Naples
4. Mount Etna, Sicily
5. Amsterdam
6. Shanghai, China
7. Brazil
8. Rome
9. Queensland
10. Ireland



# DIY ACTIVITIES

Colour yourself calm.

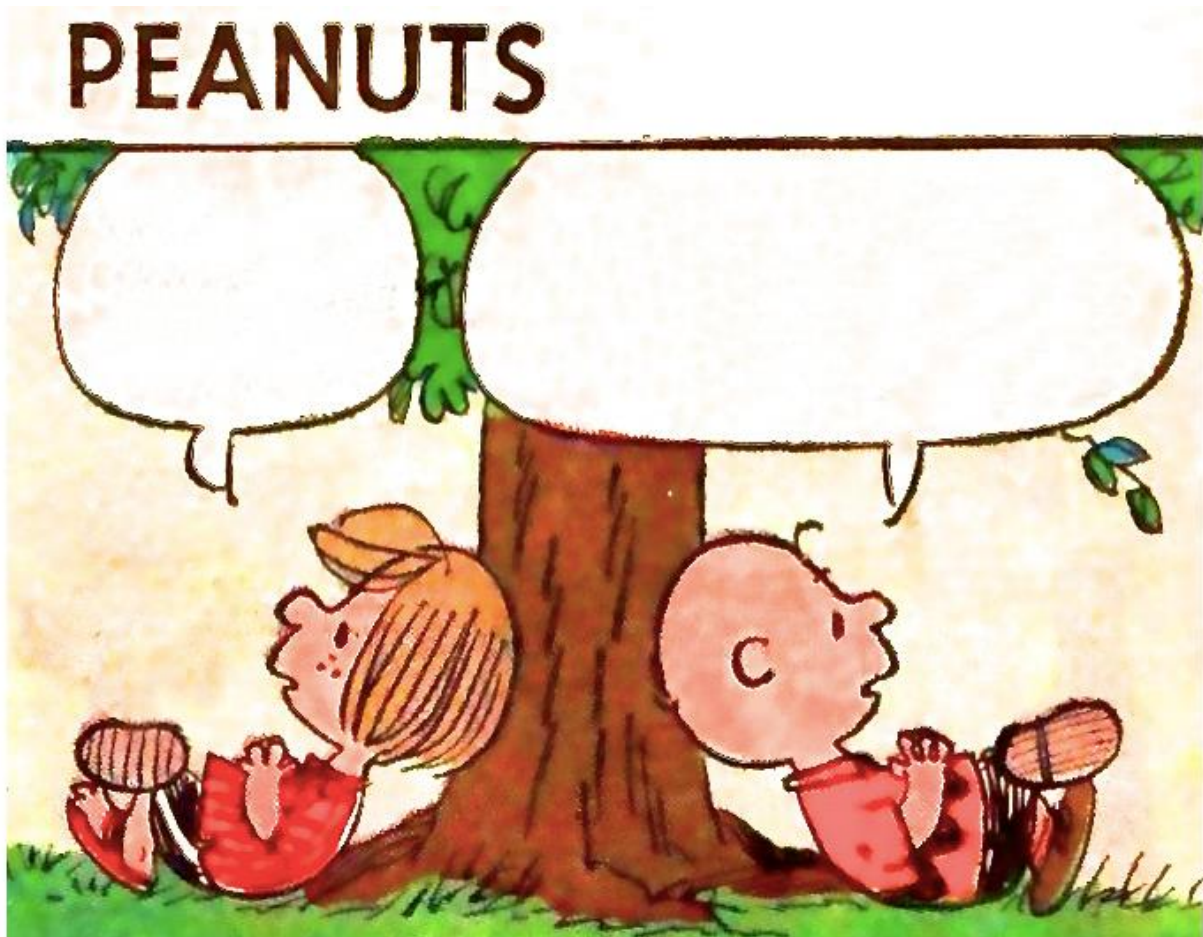




A dot to dot to drive you dotty!



Fill in the blank comic strip, send them in for us to see what you wrote!



Attached to an App for Weston College or the Learning and skills department.

### Did you know?

**Many of the Peanuts characters were inspired by real people and events.**

Snoopy was one of Schulz's earliest Peanuts characters, appearing for the first time on October 4, 1950, two days after the comic strip's debut. Schulz loosely based Snoopy on a black-and-white dog named Spike he had as a teenager. The cartoonist originally planned to call his cartoon dog Sniffy, but shortly before the comic strip launched Schulz was passing a newsstand and noticed a comic magazine featuring a dog with the same name. Now in need of a new name, Schulz remembered his mother's suggestion that the family should name their next dog "Snoopy."

# GAME ON

**What kind of British animal are you?**

A – Red Squirrel



B – Red Deer



C – Red Kite



A - Red squirrel

If you chose red squirrel then it is likely you are quite shy and don't enjoy being in the spotlight. I expect you prefer watching from the outskirts.

B – Red deer

If you chose red deer then you are likely a bold character who will stick up for yourself and the ones close to you.

C - Red kite

If you chose red kite then you are likely a dreamer. You spend time imagining wonderful places you will travel and have big ambitions for what you will do with your life.

# Culture Corner

## The Unquiet Grave



The wind doth blow today, my love,  
And a few small drops of rain;  
I never had but one true-love,  
In cold grave she was lain.

"I'll do as much for my true-love,  
As any young man may;  
I'll sit and mourn all at her grave  
For a twelvemonth and a day."

The twelvemonth and a day being up,  
The dead began to speak:  
"Oh who sits weeping on my grave,  
And will not let me sleep?"

"'T is I, my love, sits on your grave,  
And will not let you sleep;  
For I crave on kiss of your clay-cold lips,  
And that is all I seek."

"You crave one kiss of my clay-cold lips,  
But my breath smells earthy strong;  
If you have one kiss of my clay-cold lips,  
Your time will not be long?"



"'T is down in yonder garden green,  
Love, where we used to walk,  
The finest flower that e'er was seen  
Is withered to a stalk.

"The stalk is withered dry, my love,  
So will our hearts decay;  
So make yourself content, my love,  
Till God calls you away."

How does this poem make you feel?  
Have you ever felt this way?  
Can you write about a time when you could have sympathised with the poet?



# Storytime



## Part 4

‘WHAT a day I’m having!’ he said. ‘Let us start at once!’ ‘Hold hard a minute, then!’ said the Rat. He looped the painter through a ring in his landing-stage, climbed up into his hole above, and after a short interval reappeared staggering under a fat, wicker luncheon-basket.

‘Shove that under your feet,’ he observed to the Mole, as he passed it down into the boat. Then he untied the painter and took the sculls again.

‘What’s inside it?’ asked the Mole, wriggling with curiosity.

‘There’s cold chicken inside it,’ replied the Rat briefly;

‘coldtonguecoldhamcoldbeefpickledgherkinssaladfrenchrollscresssandwichespottedmeatgingerbe  
erlemonadesodawater ——’

‘O stop, stop,’ cried the Mole in ecstasies: ‘This is too much!’

‘Do you really think so?’ enquired the Rat seriously. ‘It’s only what I always take on these little excursions; and the other animals are always telling me that I’m a mean beast and cut it VERY fine!’

The Mole never heard a word he was saying. Absorbed in the new life he was entering upon, intoxicated with the sparkle, the ripple, the scents and the sounds and the sunlight, he trailed a paw in the water and dreamed long waking dreams. The Water Rat, like the good little fellow he was, sculled steadily on and forbore to disturb him.

‘I like your clothes awfully, old chap,’ he remarked after some half an hour or so had passed. ‘I’m going to get a black velvet smoking-suit myself some day, as soon as I can afford it.’

‘I beg your pardon,’ said the Mole, pulling himself together with an effort. ‘You must think me very rude; but all this is so new to me. So—this—is—a— River!’

‘THE River,’ corrected the Rat.

‘And you really live by the river? What a jolly life!’

‘By it and with it and on it and in it,’ said the Rat. ‘It’s brother and sister to me, and aunts, and company, and food and drink, and (naturally) washing. It’s my world, and I don’t want any other. What it hasn’t got is not worth having, and what it doesn’t know is not worth knowing. Lord! the times we’ve had together! Whether in winter or summer, spring or autumn, it’s always got its fun and its excitements. When the floods are on in February, and my cellars and basement are brimming with drink that’s no good to me, and the brown water runs by my best bedroom window; or again when it all drops away and, shows patches of mud that smells like plum-cake, and the rushes and weed clog the channels, and I can potter about dry shod over most of the bed of it and find fresh food to eat, and things careless people have dropped out of boats!’

# daily life

## Welcome to the Rave Pages

*They call me B-Hood and I run these pages.*

*Alright, steady on, I know you're keen to come in and 'move', trust me, your name IS on the LIST and you ARE coming in, I just need to keep the energy flow right people with a few things:*

*1. EVERYONE is welcome here. 2. You are here because you chose to be, that's YOUR responsibility. 3. We only serve **LOVE & LIGHT** and every hour is 'Happy Hour'. 4. We are a community, like Albert Square, so let's look after each other. Shake on it?*



*Nice. I like you people.*

*So, right now you are 'inside', and you know what, it's what's inside you that counts - am I right? So while you're here I'll do my best to offer human spirit with a dash of insight.*

*Now, I appreciate we've just met, so I need to dig deep with my wisdom to know how I can help, but you know, whatever situation is going on for you, I can already feel it getting better. Trust me. **I can feeel it.***

*Oooh, ahhh...oh, that's better. Apologies - had to do a bit of **YOGA**, mind, body and soul and all that...think I just released a bit of trapped wind too. Sorry. Too much information.*

*Okey dokey lovely people, feeling empowered and staying for the vibe? Nice one; the lifeforce is strong here, and if you get some peace of mind while you are here, then all good.*

*Hold your hand out for stamping. Right, you're in. Next!*

**What is life?** Alright, don't choke on your Frosties, I know it's a BIGGIE. I just want to know where you are at, I take care of the energy here remember.

Let me help. Agreed we are all unique? That's why life is interesting. This also means an outrageous number of perspectives, but no matter how different our views, truly we all want the same thing - **a happy life.**

Thing is, us humans get stuck in our ways and it affects the energy (and keeps me busy). If we don't feel happy, people around us won't either.

Let me explain further. We know our bodies enjoy moving, it feels good, so naturally the mind wants in on the action. I mean, why live on a planet that is constantly turning and evolving without our own perspective moving too?

So, that's our theme for this 24hr party people - **LIFE!**

**Who Knows?** Let's get some perspective then...

Googleland will know, they know *everything*. It seems **What is Life** is a song by George Harrison (you know, The Beatles). His version isn't a question though but a statement. Confusing. Anyway, the tune is alright, he released it in 1970 - yeah, the olden days, but hey I *like* old things: take Coca-cola, that's been around since 1892. *Exactly.*



**The Beatles:** Which one is George? I don't know - ask around.







## Mind For Life

Welcome to the **MIND ROOM** - Mind, Body & Soul, it all needs a workout! The next couple of pages are for thinking, learning and reflection. Relax, let your MIND goooo.

**Guess Who?** These people all said something about **LIFE**: **DOLLY PARTON, MOHAMMED ALI, AKALA**

Try matching the person to their quote/lyrics below [answers bottom right]

- "Don't count the days, make the days count"
- "If your actions create a legacy that inspires others to dream more, learn more, do more and become more, then, you are a good leader"
- "Who can read the riddle of life, It's a tale told by an idiot, still we can't figure it"

Answers:  
Dolly Parton (1), Mohammed Ali (2), Akala (3)

### Word of the Week

**FORTITUDE** - meaning you show courage or strength when in pain or facing adverse situations.

Try to **BE** this word the next time you feel you are in a tough or difficult situation. Inner strength goes on forever.



### A BUDDHIST perspective...

"What Buddhism teaches us is that only you can write the script of your life. The scenario of your life is not written by some external power; it is not a result of coincidence nor predetermined by destiny. You write the story of your own life and you are the star player." (Daisaku Ikeda: ikedaquotes.org)

This makes good sense, writing our own scripts. Everything begins from NOW. Negative stuff from the past doesn't have to define us, we just have to use all our experiences to create positive outcomes.

### Life inside...Film

Choose Life: The iconic opening scene from the film Trainspotting (1996).

The film was adapted from Irvine Welsh's novel published in 1993.

If you have seen/read it, you will know it's gritty; the story doesn't shy away from the darkness and destruction around drug addiction and this portrayal shows the negative impact it has on **LIFE**.

The main characters are a group of young people, growing-up in a deprived area in Edinburgh where a lack of opportunities and social disadvantage make their futures appear bleak.

**Discussion:** Whether familiar with the film/book or not, think about what **Choose Life** means to you and your life and discuss this with a friend. How different are your views? What does it mean to choose life?

The sequel 'T2 Trainspotting' was released in 2017. Irvine Welsh has also written other novels including: *The Acid House* (1994), *Filth* (1998), *Glue* (2001) & *Dead Men's Trousers* (2018).



## A Sound Life

Where would we be in life without the beat, the bass, the tuuuuunes! Music has the power to reach out. Now that's why I call ENERGY!



Music is up there with chocolate biscuits, and like biscuits, there is an immense amount of different flavours for everyone: whatever your vibe, it all counts, just make sure it's true to you, and resonates with *your life*. And if music wasn't so important in life why do so many artists and musicians sing about it? Just saying.



PLAY or PAUSE?



**MUSIC QUIZ:** Match the **BAND/ARTIST** to their **SONG** from these lists (*answers below*)

SONG	Your answers	SONG	Your answers
1. Back to Life		8. That's Life	
2. Life		9. Good Life	
3. Moment 4 Life		10. Live Your Life	
4. Lust for Life		11. My Love Life	
5. Story of My Life		12. Life is Life	
6. It's My Life		13. My Life	
7. What is life (you know this one!)		14. Life Love and Unity	

ARTIST/BAND	
A. Bon Jovi	H. Eminem ft. NF
B. Nicki Minaj	I. Billy Joel
C. Iggy Pop	J. Dreadzone
D. Soul II Soul	K. Morrissey
E. Inner City	L. Opus
F. George Harrison	M. T.I ft Rhianna
G. One Direction	N. Sinatra

**Correct answers:** 1-D, 2-H, 3-B, 4-C, 5-G, 6-A, 7-F, 8-N, 9-E, 10-M, 11-K, 12-L, 13-I, 14-J

### Your Life

*YOUR LIFE is important, so use this space to put your thoughts and reflections down about it.*

*No grumbling or being hard on yourself though - you are better than that.*


Well done.



Be kind. Be yourself.

Peace Out .



# WEIRD WORLD

## Conspiracy theories you may or may not know

### Mind controlled Sharks

When five tourists were attacked by sharks at Sharm El Sheikh, Egypt, a holiday resort in December 2010, an Egyptian TV station was suspicious. Sharks rarely come near the Sinai Peninsula during the winter, when the attack took place. They jumped to this conclusion: The sharks were being mind-controlled by the Israeli government. And, because they had to find their own way to Egypt, the sharks must be installed with GPS. Israel officials declined to comment, calling the accusations "too ridiculous " to address. On 9 December 2010, an international team of experts announced that it had found that two shark species - makos and oceanic whitetips - had been involved in the attacks. It listed possible causes as - illegal dumping of animal carcasses nearby; reduction of the sharks' natural prey by overfishing; feeding of coral reef fish and/or sharks by swimmers and divers; and unusually high **water temperatures** in Sharm El Sheikh.



### Poisonous Snow

This conspiracy theory first became popular in Georgia, USA where, after two inches of snow in Atlanta, people started to notice something rather odd about the way the snow reacted to heat. People tried to melt the snow with blow torches but it simply wouldn't. Lots of people began to believe that this was the way the government was distributing chemicals while pretending it was just frozen water. The reasons why the government might want to poison the entire state of Georgia were not explained. Many people online leapt to the snow and the government's defence, explaining that snow turning black instead of melting is entirely normal, caused by the same chemical element that is in a lighter - Butane. But what about the water? Where does it go? Well, the water goes inside the snowball, because as the water is melting the snowball, the snowball is absorbing the water.

## Prince Charles is a vampire

People seemed to believe this theory because according to genealogy records, Prince Charles may have descended from Vlad the Impaler, who was the inspiration behind Bram Stoker's book - Dracula. The Prince even appeared in Romania's National Tourist Office Advertisement where he claimed that "Transylvania is in my blood" and laughed about being the descendant of Vlad The Impaler, which sparked even more conspiracy theories. In 2017, the Prince was offered the title of 'Prince of Transylvania' because of his links to the region and promotion of Transylvania for a holiday. What makes matters worse is the condition called Porphyria, common amongst royals, which is caused by iron-deficiency and makes a person's skin sensitive to daylight. However, there is no proof that Prince Charles has Porphyria. All of these facts make some people believe that the Prince may be a vampire.



## Reptilian Aliens

According to conspiracy theorist David Icke, reptilian humanoids from the Alpha Draconis star system are accountable for a worldwide conspiracy against humanity. Claims shape-shifting reptilian aliens control Earth by taking on human form and gaining political power to manipulate human societies. Icke has stated on multiple occasions that many world leaders are, or are possessed by, so-called reptilians. He states throughout history the world's most famous dynasties and families are working alongside these shapeshifting reptilians; the list of these accomplices includes: the Merovingian dynasty [Kings of France 5<sup>th</sup>- 8<sup>th</sup> century], the Rothschilds, the Bush family and the British Royal family. What's even weirder is that the number of people who believe in this conspiracy theory is not as small as you'd think, in 2013 a poll in the USA showed that 4% of registered voters believed in David Icke's theory.



## Country wide - Most Haunted Places

**We are going to explore, what are thought, to be the most haunted places in Britain. We will start in**

**Cornwall and make our way up to Scotland over the coming weeks.**

### **Jamaica Inn Cornwall.**



Built as a coaching house in 1750 and located right in the middle of Bodmin Moor, Jamaica Inn is said to be one of the most haunted places in Britain. Ghosts include a highwayman in a three cornered hat who walks through locked doors, a tragic young mother holding a baby who inhabits the mirror in room five and a murdered young smuggler who walks around the courtyard at night.

During the early 1900s the Inn was used as a temperance house (Teetotal - no alcohol) but there has always been spirits of a different kind at Jamaica Inn. Previous managers have heard conversations uttered in a foreign language. Could this 'foreign' language be old Cornish? Many years ago a stranger stood at the bar enjoying an ale. He was called outside, he left the half-finished ale and went out into the night. That was the last time he was seen alive. The next morning his corpse was found on the bleak moor, but how he died and the identity of his murderer still remain a mystery. In 1911 there was much interest and correspondence in the press concerning a strange man who had been seen by many people, sitting on the wall outside the Inn. He neither spoke, moved or nor responded to a greeting, but his appearance was said to be very like the murdered stranger. Could this be the dead man's ghost, if so why did he return to the same place?

The TV programme 'Most Haunted' featured Jamaica Inn. It was reported that it was one of the spookiest episodes they had ever recorded!

Daphne du Maurier's famous novel Jamaica Inn later made into a film by Alfred Hitchcock, focuses on it's colourful history as a smuggler's den!

Buy via a catalogue order form off of Amazon with product code 9781844080397



## **Most Haunted Jail? - Bodmin Jail**

Bodmin Jail has a dark and sinister past, famous for the hugely popular public hangings that took place outside until 1862. The Jail was constructed by Napoleonic prisoners of war in the mid 1700s using 20,000 tons of granite quarried on Bodmin Moor. Extreme overcrowding led to it being extended several times in the 19th century, before it was finally closed in 1927.

Between 1785 and 1909 fifty-five people were executed at Bodmin Jail. Fifty-one of those hangings were carried out in public, grisly entertainment for thousands of people who watched in adjoining fields.

### **Execution of Matthew Weeks**

Amongst those executed was Matthew Weeks, a disabled farmhand who was arrested for the murder of his lover Charlotte Dymond April 1844.

Found guilty of the crime he was hanged at the goal in August 1844. 20,000 people turned out to witness his final moments. In recent years there has been doubts to whether he in did in fact murder poor Charlotte

Charlotte's ghost, dressed in a gown and silk bonnet is said to appear at the site of her murder on the anniversary of her death.

### **The Ghost of Selina Wadge**

Selina was arrested in 1878 for the murder of her youngest son, Harry. She told a constable that her lover James Westwood, had promised to marry her if the boy was out of the way and had urged her to murder the boy. At her trial, the jury found Selina guilty, although they recommended leniency as she had taken good care of her children and that the murder had not been premeditated. But the Judge disagreed and sentenced her to hang. On Thursday 15th August 1878 a sobbing Selina was led to hanging scaffold clutching a white handkerchief. Her body, still clutching the white handkerchief, was left dangling for an hour before being cut down. It is said that her ghost still wanders the prison, where she tries to reach out to small children who often enquire about the crying lady in the long dress.





# ***Foods and Moves***

## **ROLLER COASTER**

WORKOUT by DAREBEE © [darebee.com](http://darebee.com)  
3 sets | 2 minutes rest in between sets



**10** jumping jacks

**one** squat

**10** jumping jacks

**one** squat

**10** jumping jacks

**one** squat



**10** jumping jacks

**one** squat

**10** jumping jacks

**one** squat

# Get away



## Food for thought – and local economic support

Previously we learnt that responsible tourism is about “making better places for people to live in and better places for people to visit.” Here we’re going to look at something that can help accomplish both aims at once - buying local. Today the focus is on food, but the same logic applies across the board, from handicrafts and souvenirs, to daytrips and longer excursions. To whet our appetites, let us first take a quick culinary quiz tour of the world, courtesy of *National Geographic*.

### 1. The world’s most expensive spice is native to Southwest Asia. What is it?

- a) Cardamon b) Saffron c) Vanilla d) Star anise

Saffron, the dried stigmas of the flower of the *Crocus Sativus*, and the world’s most expensive spice, colours food a golden yellow. Some 14,000 stigmas produce just one ounce of saffron.

### 2. What item is on the table at every Ethiopian meal?

- a) Curried chickpeas b) steamed rice c) pickled carrots d) injera bread

No Ethiopian meal is complete without injera, a pancake-like sourdough bread made from teff flour. Ethiopians eat without utensils, using the bread to scoop up the spicy vegetable and meat dishes that make up the country’s cuisine.

### 3. In order to eat a German weisswurst, or white sausage, like a real Munchner, you must do which of the following?

- a) Suck the sausage out of its casing b) Dunk it first in beer c) Eat it in a roll with sauerkraut d) Cut it into small pieces

Properly eating weisswurst in Munich - the heart of Bavaria - requires more than just a side of soft pretzels and German beer. First you must take it out of a bowl of hot water, then cut off both ends, dip it in sweet mustard, and finally, suck the sausage out of its casing.

### 4. What is a Cuban medianoche?

- a) A 24-hour diner b) A coffee drink c) Squid-ink pasta d) A sandwich

Hungry in Havana? Grab a medianoche – a sandwich of roast pork, mustard, and dill pickles on egg bread. The sandwich’s name means ‘midnight’ and is so called because of its popularity as a late-night snack.

Now that you’ve had a chance to dream of food beyond Friday’s flapjack, have a think about what foods / delicacies you would recommend to people visiting your area. Chances are you may choose local regional produce, rather than something from a national or international chain.

**How did you find your distraction pack?**



Please let us know what you have enjoyed and what you would like to see more of!

We'd also love to see any of your completed work so attach it here to send it in!

Pull out this page, attach to an App and send to the Head of Learning and Skills or Weston College.



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**Prison  
Education**

 HM Prison &  
Probation Service