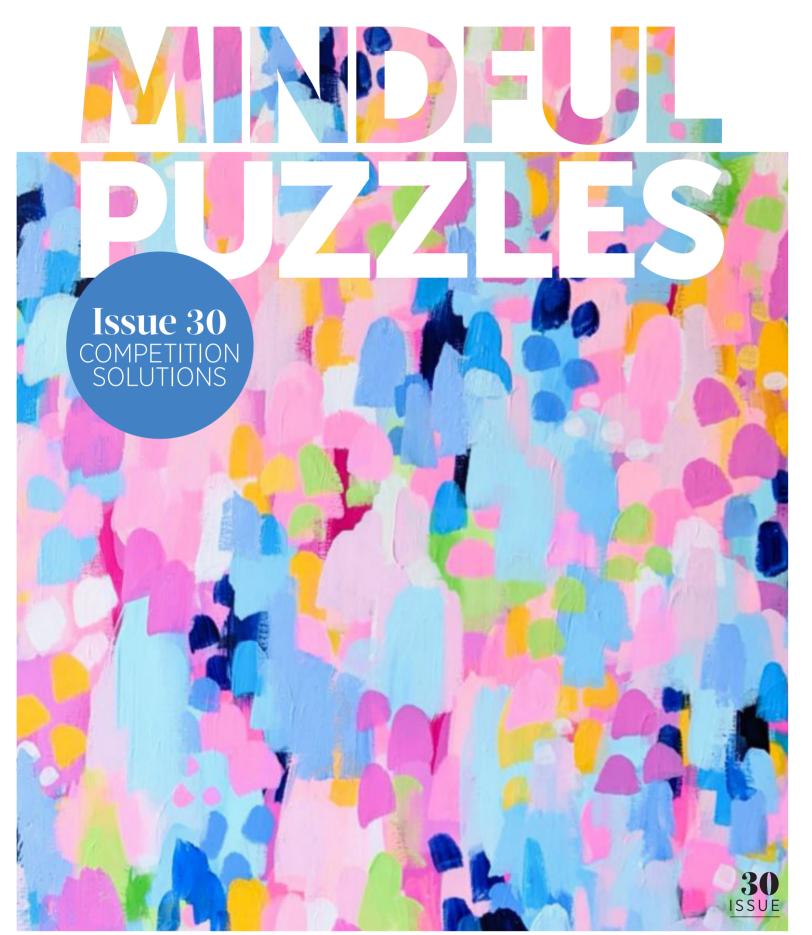
WELLBEING // CONNECTION // FOOD // CURIOSITY // EXPLORE



The Blue Mind Connection | Meet the Buckettes | Solve & Win | Cryptic Wordsmith | The Book Nook Wreath the Halls | A City Adrift | The White Mouse | Room For Dessert | Wit & Wisdom | Hugs & Kisses

# **Solutions**

#### Pq 15 ACROSTIC

A. Furnish, B. Otto, C. Repetitive, D. Ensnared, E. Succour, F. Taj Mahal,
G. Balalaika, H. Aykroyd, I. Trivialities, J. Hairnet, K. Intenseness, L. Nicknames,
M. Gullibility, N. Tidied, O. Hot seat, P. Ensconced, Q. Responsive,

R. Admonish, S. Powwows, T. Yves Saint

A-T: FOREST BATHING THERAPY

**TEXT:** Developed in Japan in the 1980s, this activity also known as Shinrin-Yoku combines walks in natural areas with meditation. It is said to reduce stress, improve energy levels and increase the ability to focus.

#### Pg 32-33 WORDSMITH

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ANSWER: Find your village

## Pg 41 CROSS-STITCH

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W	1	Ν	С	Ε		Ν	Α	G	G	Ε	D
Ε	Ν	S	U	Ε	S		G	L	Α	С	Ε
Α	L	Α	R	М		V	-	0	L	1	Ν
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S	Т	Ε	Ε	D		L	Ε	S	S	Ε	Ε

ANSWER: Shining

#### Pg 55 STARWORDS

Sunhat, Seaweed, Snorkel, Towel, Swim.

**SOLUTION:** Shells

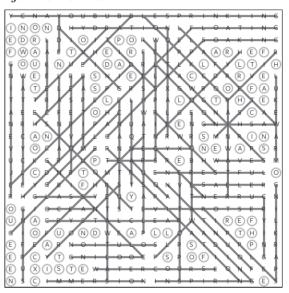
## Pg 59 WHITE MOUSE

A=7, B=19, C=18, D=1, E=21, F=20, G=11, H=5, I=22, J=14, K=24, L=9, M=6, N=10, O=23, P=8, R=13, S=12, T=2, U=15, V=3, W=17, Y=16, Z=4 **SOLUTION:** MARY SOMERVILLE

#### Pg 61 COLOUR-IN CIPHER

**SOLUTION:** Encourage a little growth every day

#### Pg 88 WORDSEARCH



**ANSWER:** In one drop of water are found all the secrets of all the oceans; in one aspect of You are found all the aspects of existence

# $Pg~100~{ m QUEST}$

Creek, April, Snow, Lagoon, June, Lake, March, Lightning, August, Pool, Sea, May, Rain, Wind.

LEFTOVER WORD: Thunder