



Wellbeing Pack

To help you to keep well during
the COVID-19 pandemic



Hello,

Welcome to your wellbeing pack! We have designed this for you to help ease some of the challenges that can come with self-isolation.

Inside, you'll find a list of useful contacts, conversation starters, and exercises to try at home; plus relaxation and self-care techniques, craft ideas and games. We've included a number of resources from other organisations alongside our own so you get the benefit of their collective wisdom.

We hope you've seen some of the many examples of community spirit and care that are emerging out of this difficult situation, and we hope in it's own small way this pack adds to the wider efforts to support one another. We're certainly incredibly grateful to our partners and the community organisations helping us to distribute this pack.

So pop the kettle on and sit down with a crossword, find an old magazine and some scissors, or make space to do some gentle stretches, and enjoy (re)discovering different ways to pass your time.

All the best from Anne and the Your Space team



Community Wellbeing + Outreach Service

South & East Leeds

LS11 Tel. 07920 461 253

Useful Services in Leeds

Money & Benefits

Money Buddies & Benefit buddies - support with debt, benefits advice and support with attending hearings/tribunals and medicals in relation to your benefits – 0113 235 0276

Welfare Rights – Advice and support on a wide range of issues, such as debt and benefits, including help filling in claims and appeal forms - 0113 376 0452

General Advice

Citizens Advice Bureau - advice with legal, money, welfare & housing – 0113 223 4400

Better Leeds Communities - advice service for Benefits, Housing & debt - 0113 275 3498

Linking Leeds – City wide signposting service which can help you access relevant services within your local area – 0113 336 7612 (for those ages 16 years and above)

Housing

Leeds Housing Options - advice service for those at risk of homelessness – 0113 222 4412

Engage Leeds – a city-wide housing support service – 0113 380 7615

Mental Health Services

Anxiety UK www.anxietyuk.org.uk

No Panic 0844 967 4848 – (10am-10pm 7 days a week) or www.nopanic.org.uk

The Market Place – support, information & counselling for young people 13-25yrs – 0113 246 1659

Leeds Mental Wellbeing Service – Offers a wide range of therapies including online that can help people experiencing anxiety, stress and depression to support themselves to make positive changes – 0113 843 4388

Samaritans - Confidential and emotional support 24 hours a day – 116 123 (Freephone)

Connect Helpline - Confidential and emotional support. Call Connect if you are feeling anxious, lonely, angry or just need to talk. Open 6pm-2am every night 0808 800 1212

Teen Connect – Confidential and emotional support open 6pm-2am every night 0808 800 1212 or text 0771566 1559

Mindwell – information on local and national service and self help tools www.mindwell-leeds.org.uk

Employment services

Acas – advice for employees and employers - 0300 123 1100 <https://www.acas.org.uk/advice>

Workplace Leeds – for people with mental health difficulties to stay in work or gain confidence and look for work - 0113 2302631

Other support services

Carers Leeds – provide information and advice for unpaid carers in Leeds – 0113 380 4300

Forward Leeds - support with Drug & Alcohol addiction – 0113 887 2477

Cruse Bereavement Service – support, information and practical advice – 0113 234 4150

Coronavirus (COVID-19)

If you are experiencing a high temperature or experiencing a new continuous cough call NHS on 111 or see www.111.nhs.uk for more information. Do not go to your GP, pharmacy or hospital.

Coronavirus Leeds City Council (LCC) Helpline.

If you're unable to leave the house due to the COVID-19 pandemic and you're worried because you don't have family or friends that can help, please contact Leeds City Council on 0113 378 1877. You will be matched with a local volunteer.

Government advice is available at <https://www.gov.uk/coronavirus>.



Community Wellbeing + Outreach Service

yourspace@touchstonesupport.org.uk | [Facebook, Instagram and Twitter search "Your Space Leeds"](#)

Conversation Starters





1940s room

Suggested Questions

- Do you recognise a room like this?
- What is different to now?(no carpets, no TV)
- Did you have lino flooring? Rugs? How were these cleaned? (Carpet cleaners, Carpet Beaters)
- What kind of cleaning products did people use? (Carbolic soap, star drops, etc)
 - How would you listen to music?
- What would people do for entertainment?
- Did you have a picture rail? With wallpaper underneath?
- What did you eat? Where would you eat your meals? (Talk about rationing)
 - Did your front step get 'Donkey Stoned'?



1950s room

Suggested Questions

- What is different in the room from the 40s to the 50s?
 - Did you get carpet?
 - Did you change from a coal fire to a gas fire?
- Did you buy records? What records did you listen too? Where did you buy them?
- Who did you listen too? (Elvis, Bill Hayley, Roy Orbison, Jerry Lee Lewis, Eddie Cochrane)
- What colour was your living room in the 50s?
 - Did you have a telephone?
 - Did you have net curtains?
- What did you eat? Where did you eat?
 - Did you have a vacuum cleaner?



1960s living room

Suggested Questions

- Swinging 60s wallpaper came into fashion, did you have it?
 - Did you have the bright and bold 60s carpets?
 - Was you working during the 60s?
 - Who did you live with?
 - Did you have young children?
- What kind of music did you listen to during the 60s? (Beatles, kinks, Rolling stones, The Who, Hermans Hermits, Beach Boys, Lulu) Who was your favourite?
- Did you have a hostess trolley? (Shown In the pictures?)
 - How did you entertain?
- Did you drink Babycham? Snowballs? Did men and women have different drinks?
 - Did you watch the pools? Did you ever win?



1970s living room

Suggested Questions

- During the 70s frozen food became more available. What did you buy? (Peas, fish fingers)
- Did you ever have your dinner in front of the TV (TV dinner, Teas on Knees)
- Women were working more in the 70s and more electronic items were available to save time like microwaves, sandwich makers, Did you have any of these?
 - What would you do for entertainment?
- What music did you listen too? (Pink Floyd, T Rex, Carpenters, David Bowie, Bee Gees)
- What TV programmes did you watch? Rising Damp, Are you being served, In sickness and in health, porridge)
 - Did you have a soda stream?



1980s living room

Suggested Questions

- Did you have a floral wallpaper, matching curtains and cushions? These became very fashionable and often purchased in a catalogues. (Freemans, Littlewoods, Index, Argos)
- Did you get a cordless phone in the house, have an answer machine on your phone? Who recorded the message?
 - Did you have video player? Record things from television?
- Did you buy music on cassettes? If so what music? (shakin Stevens, wham, Madonna) Did you buy it for yourself or someone else?
- Did you have a 'Henry' Vacuum cleaner? Did you use Shake N Vac?

Exercises



Exercises for older people



Sitting

Getting started

If you've not done much physical activity for a while, you may want to get the all-clear from a GP before starting.

For the exercises that require a chair, choose one that is stable, solid and without wheels. You should be able to sit with feet flat on the floor and knees bent at right angles. Avoid chairs with arms as this will restrict your movement.

Wear loose, comfortable clothing and keep some water handy.

Try to attempt these exercises at least twice a week, this will help to improve muscle strength, balance and co-ordination.

Build up slowly and aim to increase the repetitions of each exercise over time.

As your fitness improves, why not look for a group session near you? Age UK have lots of ideas. www.ageuk.org.uk

There are three other sets of exercises in this series: Flexibility, Strength and Balance. Go to www.nhs.uk/exercises-for-older-people to download.



CHEST STRETCH



This stretch is good for posture.

A. Sit upright and away from the back of the chair. Pull your shoulders back and down. Extend arms out to the side.

B. Gently push your chest forwards and up until you feel a stretch across your chest.

Hold for five to 10 seconds and repeat five times.

UPPER BODY TWIST



This will develop and maintain flexibility in the upper back.

A. Sit upright with feet flat on the floor, cross your arms and reach for your shoulders.

B. Without moving your hips, turn your upper body to the left as far as is comfortable.

Hold for five seconds. Repeat going right. Do five of each.

HIP MARCHING



This will strengthen hips and thighs and improve flexibility.

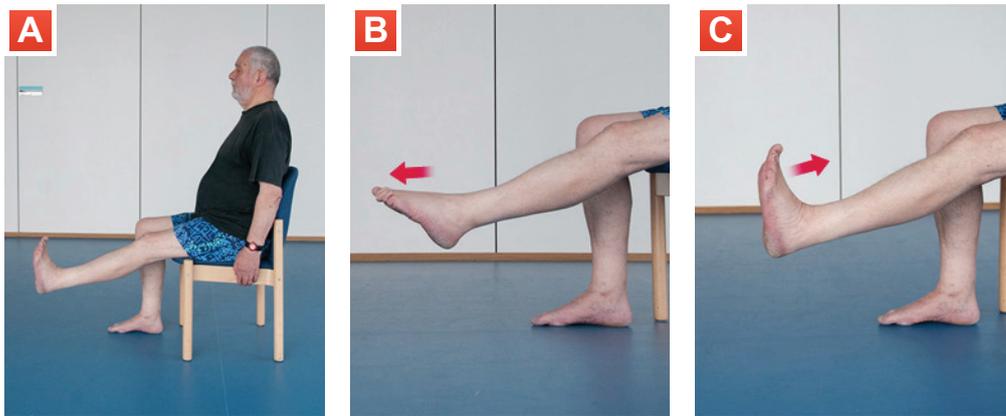
A. Sit upright and away from the back of the chair. Hold on to the sides of the chair.

B. Lift your left leg, with your knee bent, as far as is comfortable. Place foot down with control.

Repeat with the opposite leg. Do five lifts with each leg.



ANKLE STRETCH

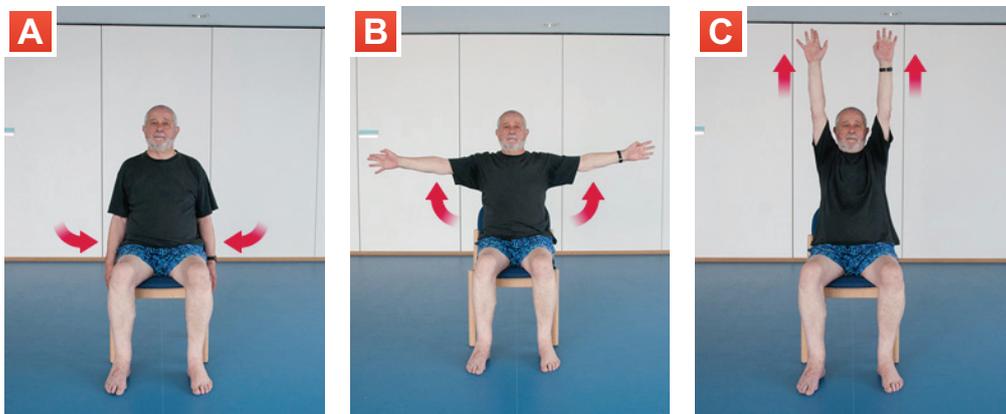


This will improve ankle flexibility and reduce blood clot risk.

- A. Sit upright, hold on to the side of the chair and straighten your left leg with your foot off the floor.
- B. With leg straight and raised, point your toes away from you.
- C. Point toes back towards you.

Try two sets of five stretches with each foot.

ARM RAISES



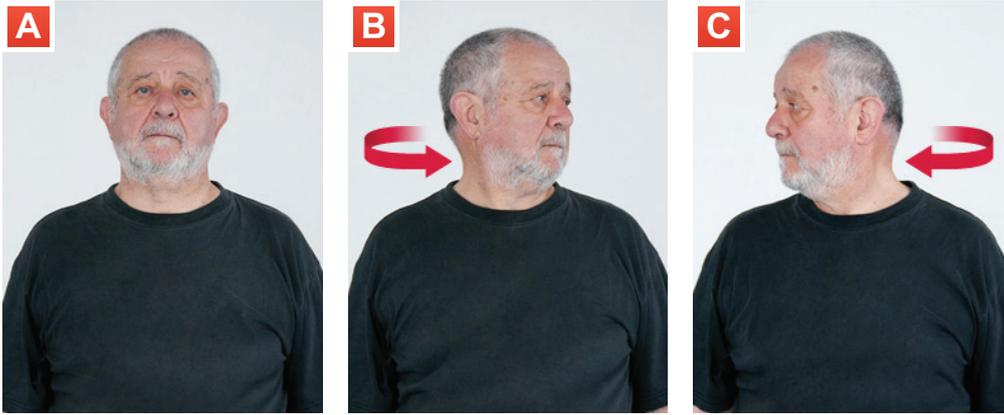
This builds shoulder strength.

- A. Sit upright, arms by your sides.
- B. With palms forwards, raise both arms out and to the side and up as far as is comfortable. Then return.
- C. Keep your shoulders down and arms straight throughout.

Breathe out as you raise your arms and breathe in as you lower them. Repeat five times.



NECK ROTATION



This stretch is good for improving neck mobility and flexibility.

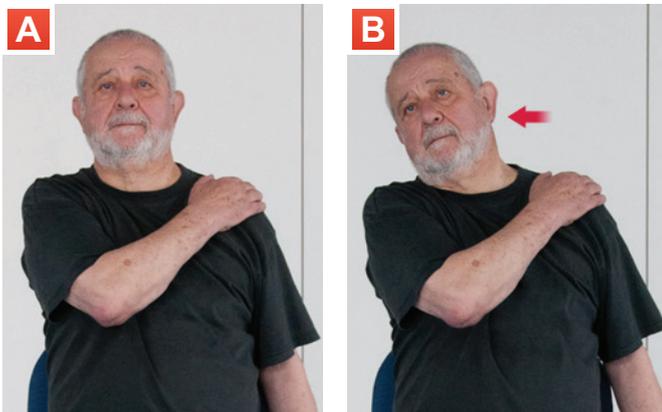
A. Sit upright with shoulders down. Look straight ahead.

B. Slowly turn your head towards your left shoulder as far as is comfortable. Hold for five seconds and return to starting position.

C. Repeat going right.

Do three rotations on each side.

NECK STRETCH



This stretch is good for loosening tight neck muscles.

A. Sitting upright, look straight ahead and hold your left shoulder down with your right hand.

B. Slowly tilt your head to the right while holding your shoulder down. Repeat on the opposite side.

Hold each stretch for five seconds and repeat three times on each side.

Exercises for older people



Strength

Getting started

If you've not done much physical activity for a while, you may want to get the all-clear from a GP before starting.

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Wear loose, comfortable clothing and keep some water handy.

Try to attempt these exercises at least twice a week, this will help to improve muscle strength, balance and co-ordination.

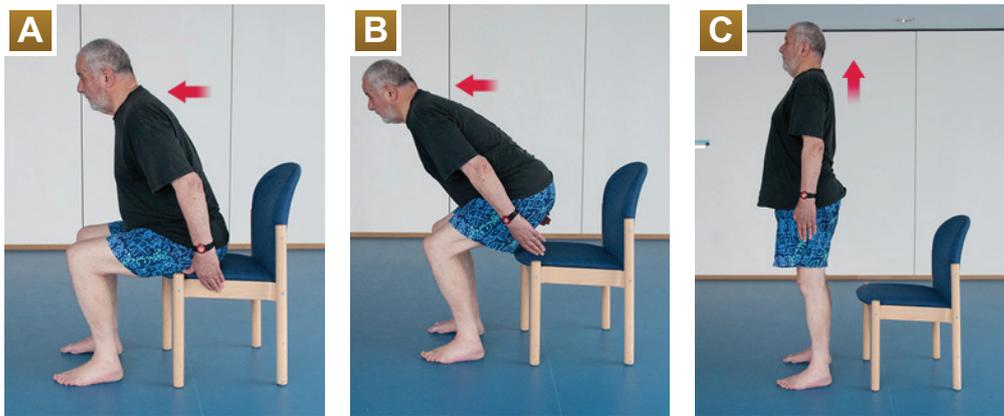
Build up slowly and aim to increase the repetitions of each exercise over time.

As your fitness improves, why not look for a group session near you? Age UK have lots of ideas. www.ageuk.org.uk

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SIT TO STAND



This is good for leg strength.

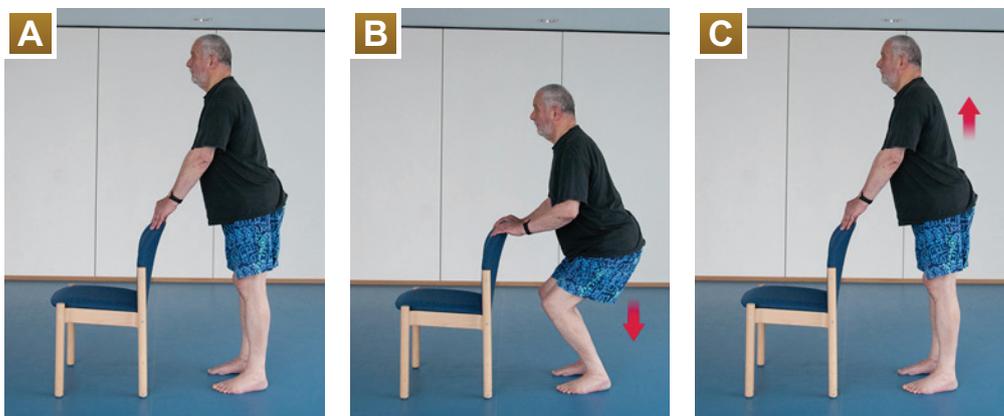
A. Sit on the edge of the chair, feet hip-width apart. Lean slightly forwards.

B. Stand up slowly, using your legs, not arms. Keep looking forwards, not down.

C. Stand upright before slowly sitting down, bottom-first.

Aim for five repetitions - the slower the better.

MINI SQUATS



A. Rest your hands on the back of the chair for stability and stand with your feet hip-width apart.

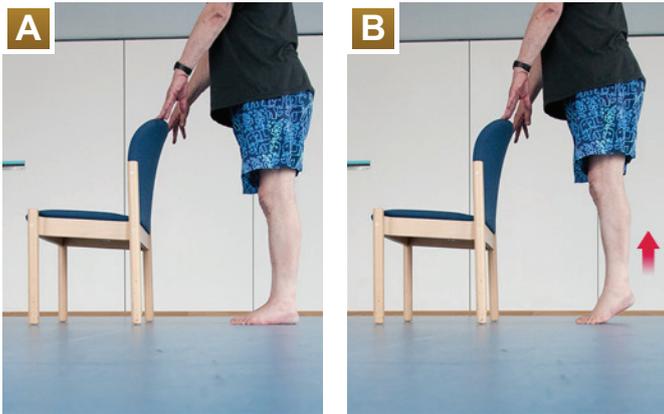
B. Slowly bend your knees as far as is comfortable, keeping them facing forwards. Aim to get them over your big toe. Keep your back straight at all times.

C. Gently come up to standing, squeezing your buttocks as you do.

Repeat five times.



CALF RAISES

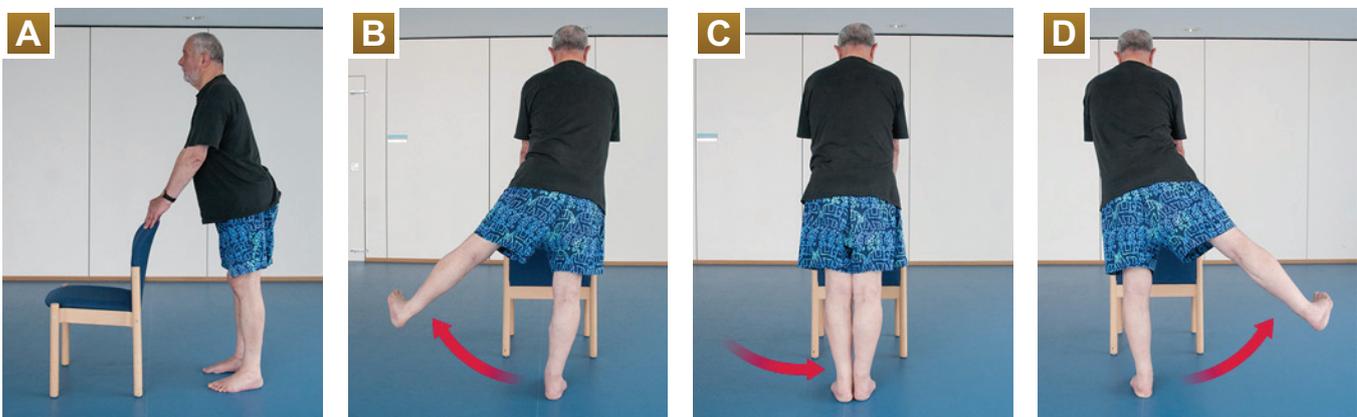


A. Rest your hands on the back of a chair for stability.

B. Lift both heels off the floor as far as is comfortable. The movement should be slow and controlled.

Repeat five times. For more difficulty, perform this exercise without support.

SIDEWAYS LEG LIFT



A. Rest your hands on the back of a chair for stability.

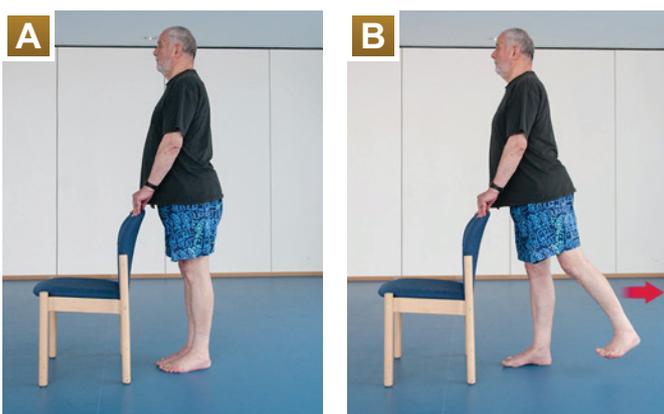
B. Raise your left leg to the side as far as is comfortable, keeping your back and hips straight. Avoid tilting to the right.

C. Return to the starting position.

D. Now raise your right leg to the side as far as possible.

Raise and lower each leg five times.

LEG EXTENSION



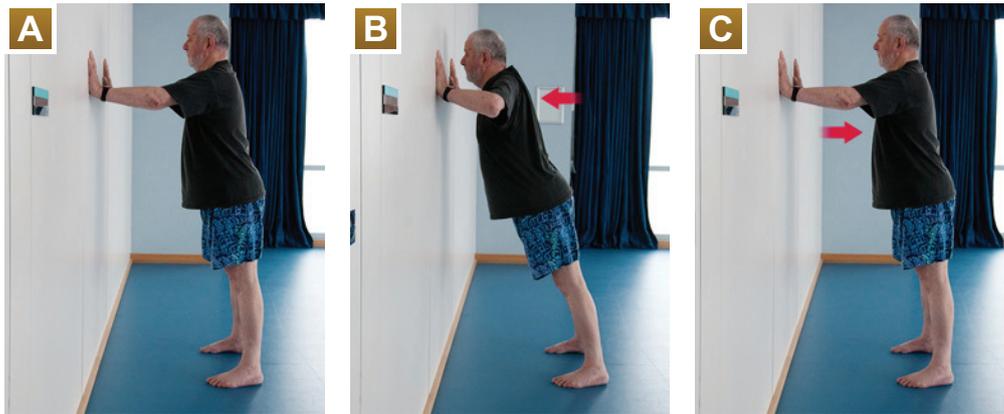
A. Rest your hands on the back of a chair for stability.

B. Standing upright, raise your left leg backwards, keeping it straight. Avoid arching your back as you take your leg back. You should feel the effort in the back of your thigh and bottom. Repeat with the other leg.

Hold the lift for up to five seconds and repeat five times with each leg.



WALL PRESS UP



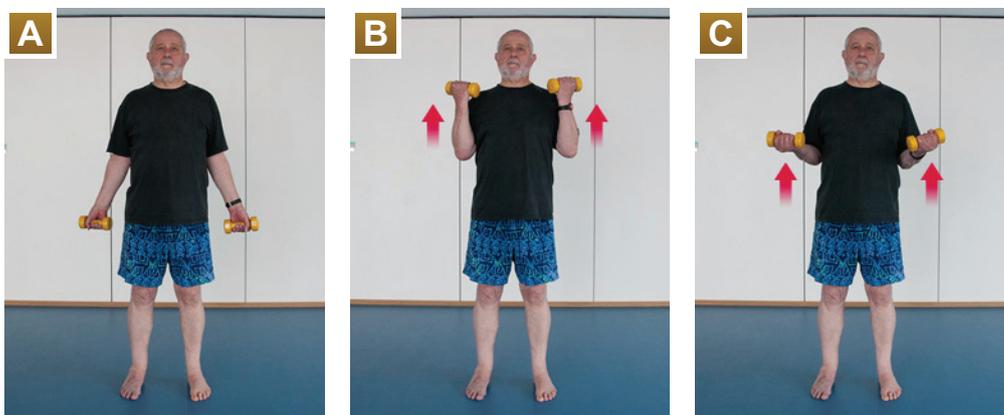
A. Stand at arm's length from the wall. Place your hands flat against the wall, at chest level, with fingers pointing upwards.

B. With back straight, slowly bend your arms, keeping elbows by your side. Aim to close the gap between you and the wall as much as you can.

C. Slowly return to the start.

Attempt three sets of 5–10 repetitions.

BICEP CURLS



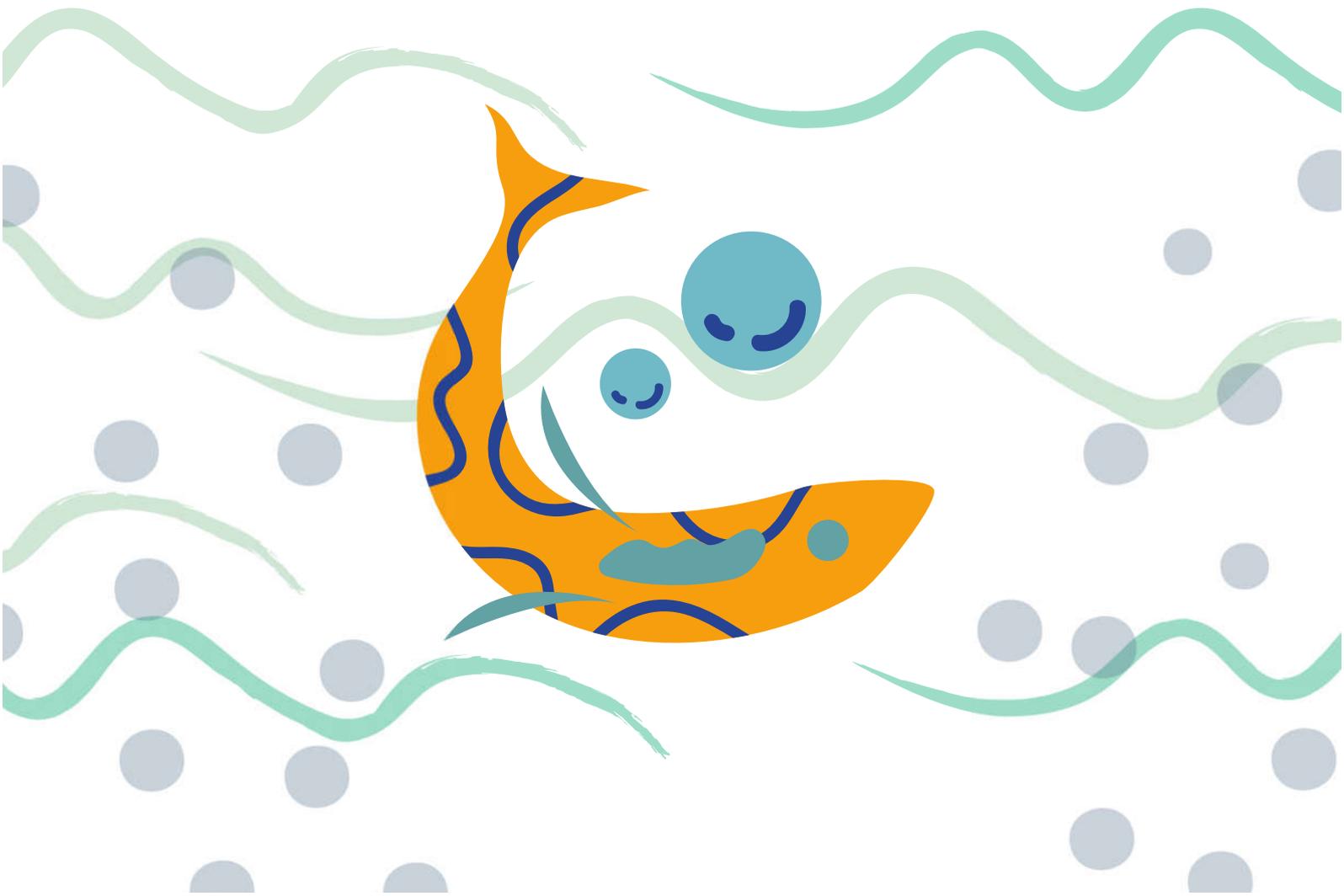
A. Hold a pair of light weights (filled water bottles will do) and stand with your feet hip-width apart.

B. Keeping your arms by your side, slowly bend them until the weight in your hand reaches your shoulder.

C. Lower again slowly.

This can also be carried out while sitting. Attempt three sets of five curls with each arm.

Relaxation Techniques



Progressive Muscular Relaxation (PGMR)

Set a time for 15 minutes each day when you are free of distractions.

I will practise PGMR at every day.

Progressive Muscular Relaxation (PGMR) is the name of a technique which teaches you how to become more aware of the tension in your body and how to relax the different muscle groups.

During this technique you will tense particular muscles in your body and then release them to help you notice the difference when your muscles are relaxed. This will help you realise when your muscles are starting to tense during the day so that you can manage your tension before it starts to increase.

- Relaxation breathing is a skill you will need to learn - practise at least once a day for relaxation to have a longer term effect.
- Begin by practising this exercise at times when you are feeling more relaxed (and can concentrate better) and then when you feel more confident start to use it at times when you feel more anxious.
- Don't try to relax too hard. Let it happen naturally.
- Find somewhere quiet where you won't be disturbed. Lie or sit somewhere comfortable. This could be on your bed, in a reclining chair or on the floor.
- Wear loose comfortable clothes. Take off your shoes if possible.
- Close your eyes.

Start by focusing on your breathing. Breathe through your nose rather than your mouth.

Breathe smoothly and steadily. Breathe in and say the word 'calm' quietly to yourself.

Breathe out and say the word 'calm'. Repeat for a few minutes.

- If distracting thoughts jump into your mind. Try not to follow them – concentrate on your breathing.
- Become aware of the tension in your body.
- Work through the following muscle groups. Each time tensing the muscles for a few seconds and then releasing the tension. Feel the difference between relaxation and tension.

Remember! Don't worry - you may not feel much effect at first – it will still be working and it may take time before you feel in a more relaxed state. Keep practising!

- **Shoulders:** Pull them down towards the floor. Think about the tension this creates and then let go. Feel the difference. Circle your shoulders once backwards, once forwards.
- **Arms and elbows:** Tense your arms and then bend your elbows. Think about the tension this creates and then let go.
- **Hands:** Pull your hands back at the wrist, stretching all your fingers as much as you can. Think about the tension this creates and then let go (let your hands fall back on your thighs).
- **Hips:** Pull your hips open, so your legs roll apart. Stop pulling and feel the difference.
- **Knees:** Pull the angle of your knees open, tightening your thigh muscles and slightly lifting your heel as you do this. Stop pulling and feel the difference.
- **Legs/ankles:** Pull your toes upwards towards your face and then point your toes to the floor. Stop pulling and feel the difference.
- **Lower back:** Pull the curve of your back into the chair and then relax and let go.

Take a breath in through your nose and out through your mouth (your tummy should rise while your chest should stay still). Count in for two and out for four twice (your tummy should fall as you breathe out) before returning to the exercise.

- **Neck:** Pull your chin downwards towards your chest. Don't tense your shoulders. Stop pulling and feel the difference.
- **Eyebrows:** Pull your eyebrows up towards your hair line and then relax. Feel the difference.
- **Mouth/jaw:** With your lips together, pull your jaw down towards the floor. Think about the tension this creates and then relax. Pull your tongue down in to the bottom of your mouth, behind your teeth. Stop pulling and feel the difference.
- Wriggle your fingers and toes. Breathe out.
- Slowly open your eyes and take a moment to come back to the present after you carry out any relaxation exercise, and resume your next task slowly.

Remember! Don't worry – you may not feel much effect at first – it will still be working and it may take time before you feel in a more relaxed state. Keep practicing!



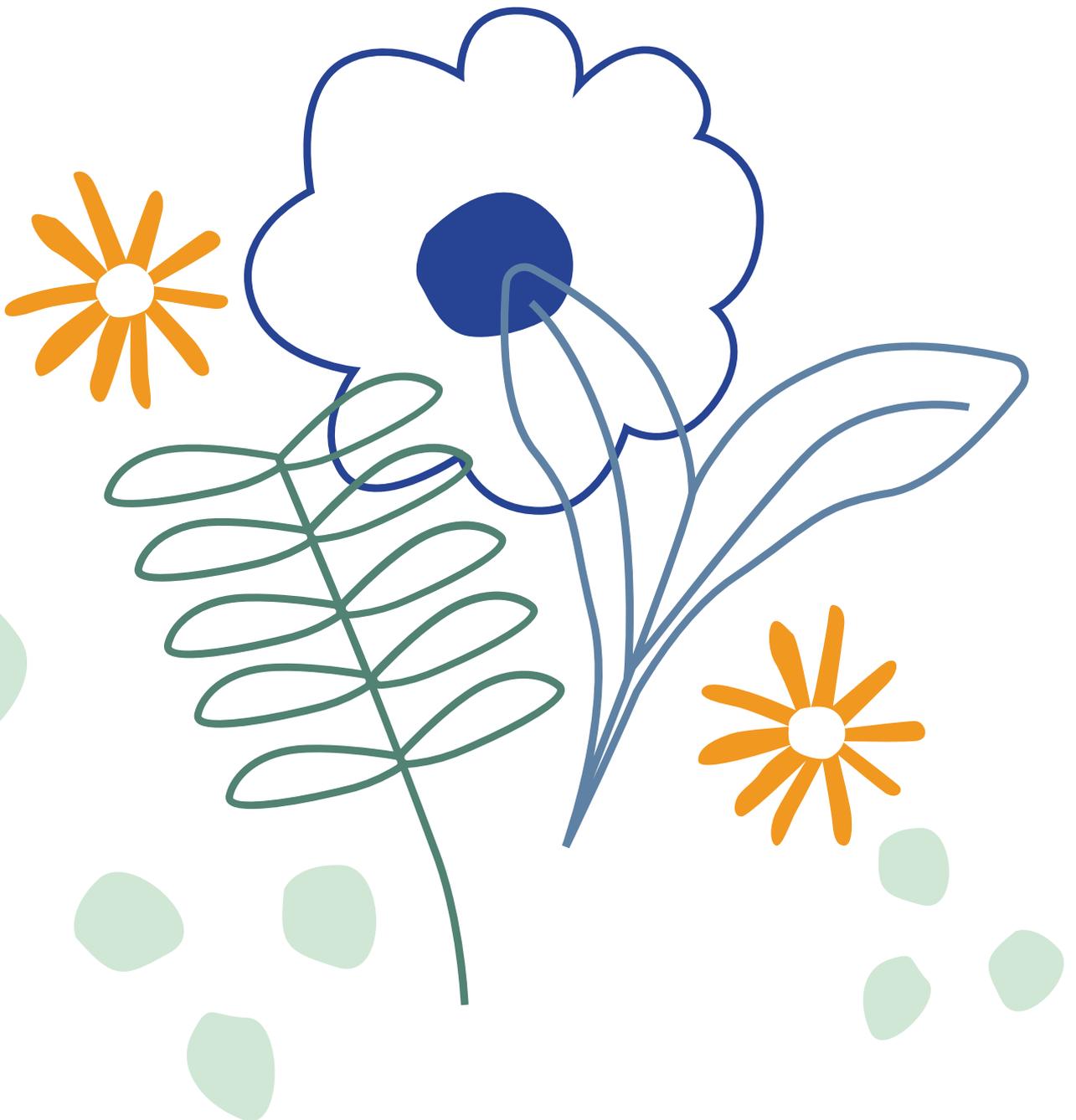
www.mindwell-leeds.org.uk

Resource by MindWell Leeds

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March 2020

Self-Care



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**Instructions for
assembly:**

**Fold along all the lines
(fold in half lengthways
and widthways).**

**All of the solid lines
remain as they are.**

**Cut along the dotted
line to create your front
and back covers.**



Created in 2020 by:

**Use this mini-
workbook to reflect on
the things you can do
to help keep yourself
healthy and well.**

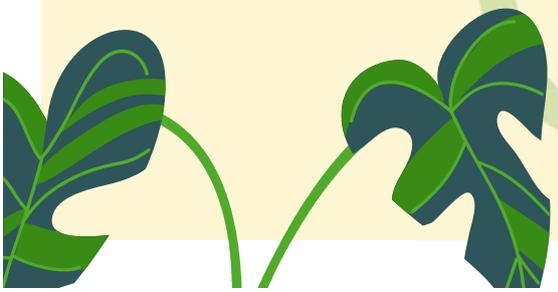
**Self-care
Workbook**





Journal ideas:
Keep a record of the good things you want to remember.
They could be big events or small, everyday things.
Try to pack in lots of sensory information to these memory logs - what did the place look like? What could you smell? What expressions did people have? Being able to focus on these key positive memories changes our emotional landscape.

The 5 Ways to wellbeing developed by the New Economics Foundation suggest we need to keep active, give to others, be in the present moment, connect with others and keep learning to improve and maintain our wellbeing.



Mindfulness exercise
Find a quiet space to sit in.
Slowly close your eyes and take a moment to still your mind.
Focus on your breath - not changing the way you breathe, but paying attention to the air flowing in and out of your lungs.
Acknowledge thoughts as they arise but try to put them aside, returning to your breath and the gentle rise and fall of your chest and abdomen.
Make time to practice this - it's great for focus, clarity and perspective!

Questions to ask yourself:

- What do I enjoy doing that helps me keep active?
- What do others do for me that I appreciate? How can I share this generous spirit?
- How many things do I do on autopilot?
- Who can I contact for a chat?
- What have I never got round to learning?



COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND

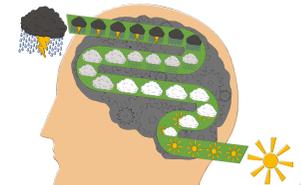


30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙏

- 1** Make a plan to help you keep calm and stay in contact
- 2** Enjoy washing your hands. Remember all they do for you!
- 3** Write down ten things you feel grateful for in life and why
- 4** Stay hydrated, eat healthy food and boost your immune system
- 5** Get active. Even if you're stuck indoors, move & stretch
- 6** Contact a neighbour or friend and offer to help them
- 7** Share what you are feeling and be willing to ask for help
- 8** Take five minutes to sit still and breathe. Repeat regularly
- 9** Call a loved one to catch up and really listen to them
- 10** Get good sleep. No screens before bed or when waking up
- 11** Notice five things that are beautiful in the world around you
- 12** Immerse yourself in a new book, TV show or podcast
- 13** Respond positively to everyone you interact with
- 14** Play a game that you enjoyed when you were younger
- 15** Make some progress on a project that matters to you
- 16** Rediscover your favourite music that really lifts your spirits
- 17** Learn something new or do something creative
- 18** Find a fun way to do an extra 15 minutes of physical activity
- 19** Do three acts of kindness to help others, however small
- 20** Make time for self-care. Do something kind for yourself
- 21** Send a letter or message to someone you can't be with
- 22** Find positive stories in the news and share these with others
- 23** Have a tech-free day. Stop scrolling and turn off the news
- 24** Put your worries into perspective and try to let them go
- 25** Look for the good in others and notice their strengths
- 26** Take a small step towards an important goal
- 27** Thank three people you're grateful to and tell them why
- 28** Make a plan to meet up with others again later in the year
- 29** Connect with nature. Breathe and notice life continuing
- 30** Remember that all feelings and situations pass in time



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



ACTION FOR HAPPINESS



www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

Weekly self-care planner

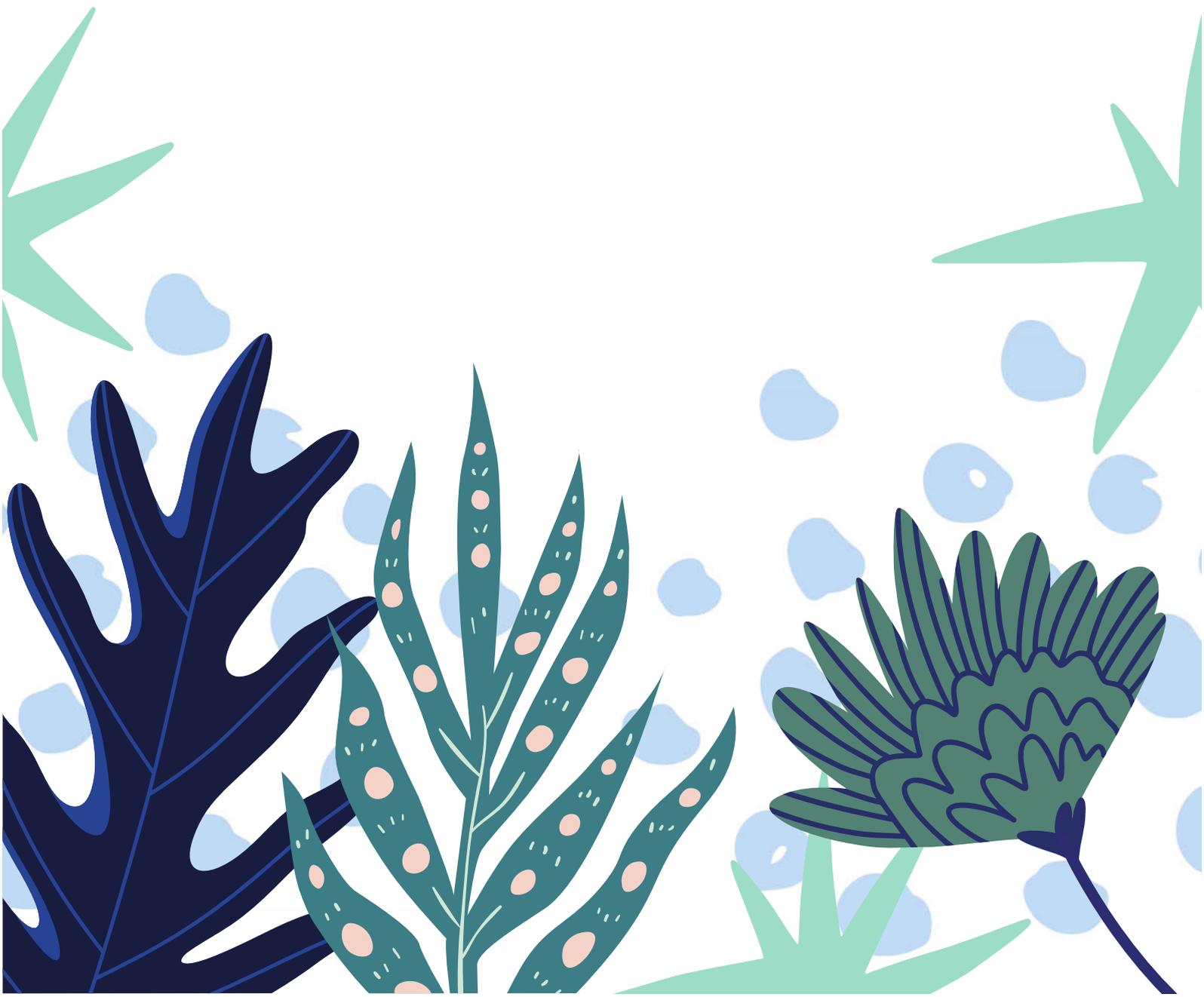


Week:

My top goal this week:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Lunch							
Afternoon							
Dinner							
Evening Sleep							
Water							

Crafts + Games



Let's get creative!

EASY IDEAS YOU CAN DO AT HOME

Grab a magazine or newspaper, cut out the words and make your own news story!

Plait string or strips of old clothing

Sort things into colour categories - your books, objects around the house, whatever you like!
Enjoy the variety and intensity of colours.

Make yourself a characterful sock puppet pal!

Bake something you've not tried before, or find a recipe for an old favourite.

Make fold-down creatures or stories - you could add a bit each day.

Race paper airplanes!

Make paper chains using whatever paper you have to hand + decorate your house!

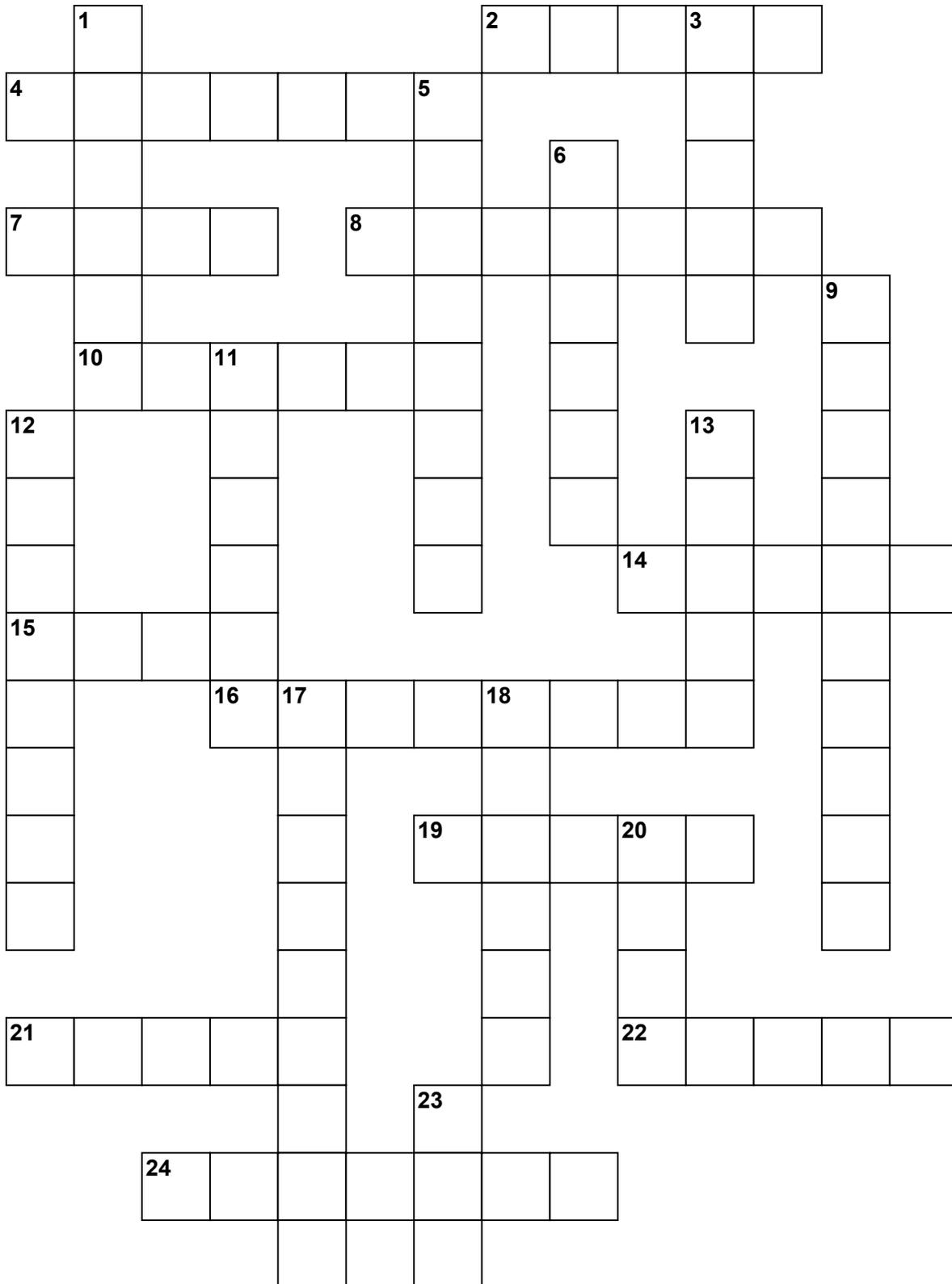
Put the radio or your favourite songs on and dance or sing along!

Rip up some paper and make sculptures or paper flowers, or collage with old magazines.

Your Space

Make a mini-movie scene or artistic still life with objects around the house

MARCH



MARCH

ACROSS

- 2 Third month of the year
- 4 Daylight _____ Time
- 7 Light covered frame that is flown in the air at the end of a long string
- 8 St. _____ 's Day
- 10 Yearly Christian celebration of the resurrection of Jesus Christ
- 14 Color of grass or young growing leaves
- 15 Drops of water that fall from the sky
- 16 High-topped waterproof overshoes
- 19 Of or having to do with Ireland
- 21 Song bird with rusty red breast
- 22 Having a great amount of wind
- 24 March flower

DOWN

- 1 March gemstone - aqua _____
- 3 Device for measuring and showing time
- 5 Clover plant leaves that have three parts
- 6 Light wind
- 9 Game played by shooting a ball through a raised metal hoop
- 11 Season of the year between winter and summer
- 12 Used to shield against sun and rain
- 13 Animal covered with feathers that usually can fly
- 17 Emerging from
- 18 Plant shoot or bud
- 20 White flakes of ice that fall from the sky
- 23 Wet earth turned soft and sticky

MARCH

Solution:

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

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You may make unlimited copies of this original large print free-form crossword puzzle for personal, senior center, medical facility, or classroom use. Visit www.qets.com for more large print puzzles.
 Evelyn Johnson

SPRING

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

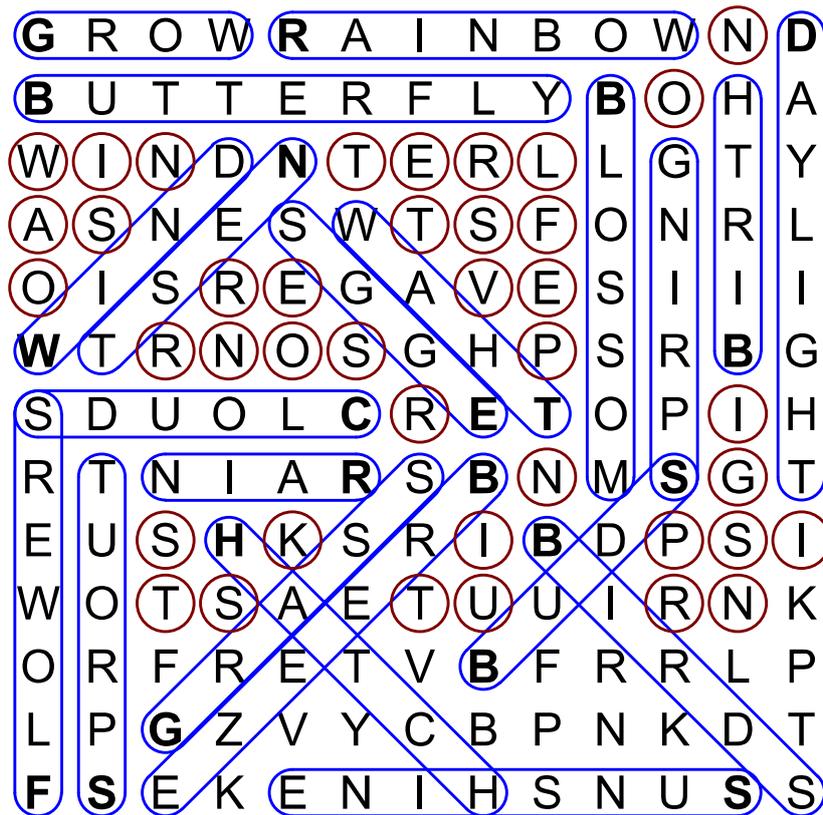
G R O W R A I N B O W N D
B U T T E R F L Y B O H A
W I N D N T E R L L G T Y
A S N E S W T S F O N R L
O I S R E G A V E S I I I
W T R N O S G H P S R B G
S D U O L C R E T O P I H
R T N I A R S B N M S G T
E U S H K S R I B D P S I
W O T S A E T U U I R N K
O R F R E T V B F R R L P
L P G Z V Y C B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

By Evelyn Johnson - www.qets.com

Birds	Daylight	Rain
Birth	Eggs	Rainbow
Blossom	Flowers	Spring
Breeze	Grass	Sprout
Buds	Grow	Sunshine
Butterfly	Hatch	Thaw
Clouds	Nest	Wind

SPRING

HIDDEN QUOTATION
BY
Hal Borland



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Evelyn Johnson

WILDFLOWERS

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

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Annual	Daisy	Root
Anther	Family	Rose
Bark	Flower	Sage
Blossom	Genus	Seed
Bud	Larkspur	Stem
Clover	Leaf	Sunflower
Corolla	Poppy	Vines

WILDFLOWERS

HIDDEN QUOTATION
BY
Ralph Waldo Emerson



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Evelyn Johnson

WIND AND WEATHER

1	2	3	4	5		6	7	8			9	10	11	12
13						14				15				
16						17				18				
19					20				21			22		
23				24				25			26			
	27		28					29				30	31	32
			33				34				35			
36	37	38				39				40				
41					42				43					
44				45					46			47	48	
			49					50				51		52
53	54	55		56			57				58			
59			60			61				62				
63						64				65				
66						67				68				

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WIND AND WEATHER

ACROSS

- 1 Turned toward
- 6 Her
- 9 Grub
- 13 Decorate by inserting
- 14 Large weight unit
- 15 Tropical fruit
- 16 Fluttering
- 17 Extremely high frequency
(abbr.)
- 18 Disturb
- 19 Accurate
- 20 Uncontrolled waters
- 22 Explosive
- 23 Held
- 24 Time period
- 25 Rodents
- 27 Japanese city
- 29 Having a hidden meaning
- 33 Floor covering
- 34 Soaked with water
- 35 Costa ___
- 36 Moses' mountain
- 39 Pole
- 40 Plastic
- 41 Foot wear
- 42 Fresh
- 43 Transgression
- 44 Enfold
- 46 Transparent, tasteless,
odorless liquid
- 49 Twofold
- 50 Buddy
- 51 Cow sound
- 53 Ship initials
- 56 Producing an
uncomfortably cool
sensation
- 58 Lowest in rank
- 59 Frighten
- 61 Bird call
- 62 Wine bottle stoppers
- 63 Personal writings
- 64 Feign
- 65 Calf
- 66 Land measurement
- 67 Distress call
- 68 Freezing rain

WIND AND WEATHER

DOWN

- | | |
|---|---|
| 1 Dirtiness | 39 Copies |
| 2 Windbreaker | 40 Small bottle |
| 3 Overcast | 42 Man who built the arc |
| 4 Comfort | 43 Swing |
| 5 Change color | 45 Fortunate |
| 6 Inscribed stone | 47 Surface |
| 7 Deep exuberant laughter | 48 Beginner |
| 8 Compelled | 50 Secret plans |
| 9 8 oz. | 52 Beginning |
| 10 Poetic "has" | 53 U.S. Department of
Agriculture |
| 11 Kitchen appliance | 54 ___ and span (very clean) |
| 12 Power unit | 55 Glide |
| 15 Marked by bursts of wind
or rain | 57 North American plant that
is poisonous |
| 20 Pond dweller | 58 Pond |
| 21 Run quickly | 60 Unrefined metal |
| 24 Decorative needle case | 62 Discs |
| 26 Dash | |
| 28 Spoke | |
| 30 Can metal | |
| 31 Covered with ice | |
| 32 California (abbr.) | |
| 34 Great! | |
| 36 Compass point | |
| 37 Charged particle | |
| 38 Second to last mo. | |

WIND AND WEATHER

Solution:

1	F	2	A	3	C	4	E	5	D		6	S	7	H	8	E			9	C	10	H	11	O	12	W	
13	I	N	L	A	Y						14	T	O	N			15	G	U	A	V	A					
16	L	O	O	S	E						17	E	H	F			18	U	P	S	E	T					
19	T	R	U	E		20	F	L	O	O	21	D	S			22	T	N	T								
23	H	A	D		24	E	R	A			25	R	A	T	26	S											
	27	K	Y	28	O	T	O				29	C	R	Y	P	30	T	31	I	32	C						
				33	R	U	G			34	W	E	T			35	R	I	C	A							
36	S	37	I	38	N	A	I			39	R	O	D			40	V	I	N	Y	L						
41	B	O	O	T		42	N	E	W			43	S	I	N												
44	E	N	V	E	45	L	O	P			46	W	A	T	47	E	48	R									
				49	D	U	A	L			50	P	A	L			51	M	O	52	O						
53	U	54	S	55	S			56	C	H	I	57	L	L	Y			58	P	E	O	N					
59	S	P	O	60	O	K					61	C	O	O			62	C	O	R	K	S					
63	D	I	A	R	Y						64	A	C	T			65	D	O	G	I	E					
66	A	C	R	E							67	S	O	S			68	S	L	E	E	T					

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