

Mindfulness - Word Find and Sudoku

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

Can you find
15 rivers in
New Zealand?

Waikato

Clutha

Whanganui

Taieri

Rangitikei

Mataura

Clarence

Waitaki

Oreti

Rangitaiki

Manawatu

Buller

Waihou

Patea

Wairau

Sudoku

Medium

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

Hard

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