



## Activity 10

# Sudoku

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

Sudoku puzzles are a great way of keeping you mentally active. See if you can solve this mentally healthy Sudoku puzzle.

*“Keeping mentally healthy is as important as staying physically healthy”*