

LBRIS

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GET OFF YOUR PHONE

A digital detox for idle hands

Can you work out the answers to these pickling puzzles?

How can a bucket be empty but still have something in it?

A boat has a ladder with 10 rungs. The rungs are 20 centimetres (8 in) apart. Three rungs are submerged. Overnight the water level rises by 1 metre (3 ft). How many rungs are submerged in the morning?



What travels the world but never leaves its corner?

In 1983, the first mobile phones went on sale at almost \$4,000 each.

Breathe in through your nose and out through your mouth.



Notice:

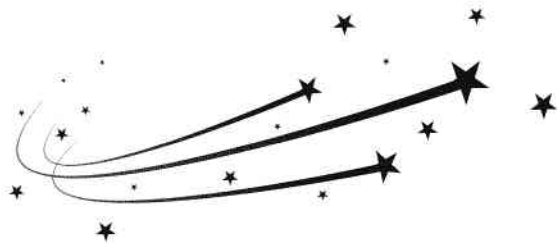
- Five things you can see
- Four things you can hear
- Three things you can feel
- Two things you can smell
- One thing you can taste

This five senses exercise is great for grounding yourself and noticing the environment around you.



The answers to these questions are written in the stars... and at the back of the book.

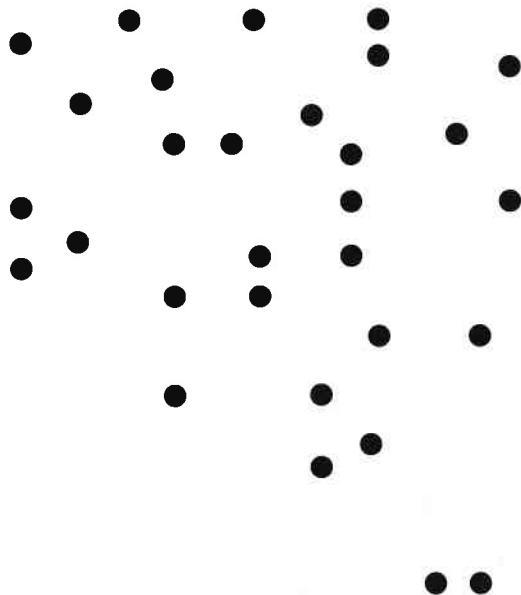
1. What is the brightest star in the sky?
2. The constellation Monoceros translates from Greek to what mythical creature?
3. How many official constellations are there?
4. What is the smallest constellation in the sky?
5. What is the nearest star to Earth?



MINDLESS MOMENT



Connect the dots at random and create your own abstract picture.



THINK ABOUT IT

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If you were picked to go on a space mission to find new planets outside our solar system, would you go?

Even if the mission took hundreds of years, so you'd have to be cryogenically frozen?

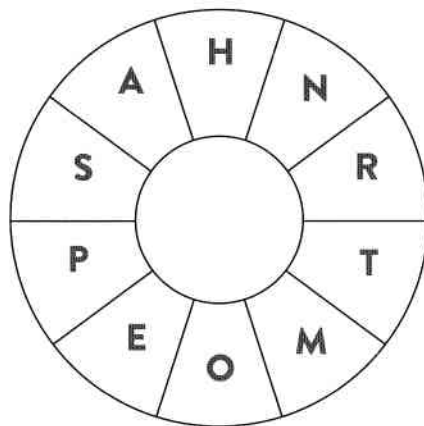
And you'd never see your family and friends again?

Would the scientific advances you'd contribute to and the benefits to mankind be worth the sacrifice?

BRAIN BOOSTER



How many words of at least three letters can you find using the letters in the circle below? No letter can be used more than once in a single word.

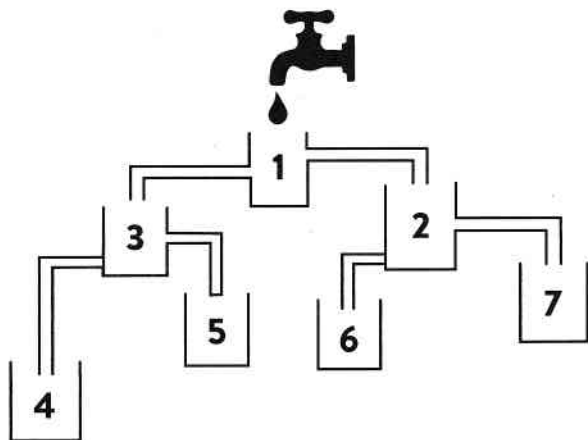


There are more than 1,000 to find!

MIND TWISTER

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Which cup fills up first?



Place your phone out of sight when you want to focus on a task or a person.

MINDFUL MOMENT

Spend some time people-watching.

Can you spot:

- Someone laughing
- A couple in love
- A colourful hairdo
- A happy dog
- A bird singing
- Someone reading a book
- A newborn baby
- A person on a bicycle



Switch off your mobile data when you're out. You will engage more with your surroundings.



MINDLESS MOMENT

Seven questions, 28 answers. Go!



1. Which TV chef wrote the cookbook *One is Fun*?
2. Who had a 1988 hit with the song 'Two Hearts'?
3. Which three men flew on the first successful moon landing mission?
4. Who wrote the poem *The Four Quartets*?
5. What are the first names of the Jackson 5?
6. Who were the six wives of Henry VIII (in order, please!).
7. Name the Seven Dwarfs.

Close your eyes and write the phrase 'Double, double, toil and trouble; fire burn and cauldron bubble'.

Try writing other words and phrases with your eyes closed and see if it gets any easier!

Avoid using your phone at work. Focusing on one thing makes us happy and efficient.