



# Sudoku

## Guide

## What

Encouraging mindfulness, the Sudoku activity comes in two forms - numbers and shapes - as well as varying levels of difficulty. These numeracy challenges provide challenge whilst teaching mindful practice.

## ? Why

Sudoku develops numeracy skills and stimulates regions of the brain connected to reasoning skills, making learning easier.

## When

Using this activity before or after any numeracy lesson will help embed learning and promote creative flow throughout the school day.

## Learner Activity

Sudoku makes a fun activity at the end of an intervention or something for others to be learning with in a group situation. The difficulty level can be tailored to a range of abilities which makes it a versatile tool for differentiation in the classroom.

## Class Activity

Sudoku is a great group or class activity with learners coming up to the board to add their solutions. The Shape Sudoku is an excellent warm up for Reception and other young groups.

