

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Boost Your Child's Brainpower With Sudoku!**

**By Lindsay Small**

In less than a year the Sudoku bug has infected huge numbers of the UK population, and it is fast spreading across the world! Why has a simple logic puzzle become so popular, and how can your kids benefit?

Sudoku puzzles were first published in the US in the 1970s and are sometimes known as "Number Squares". They have been popular for many years in Japan, where the name "Sudoku" (meaning "single number") was coined. The current craze was started late in 2004 when a UK newspaper started publishing the puzzles. Within weeks the puzzles were picked up in other newspapers and Sudoku became the pastime of choice for commuters, parents - and even kids!

>From a parent's point of view, Sudoku puzzles are perfect for long journeys, waiting rooms, and rainy afternoons. They are being found more and more in the classroom as teachers wake up to their benefits and use them as time-fillers for children who finish early, as whole class activity, or as "homework". Indeed, the UK government-produced Teachers magazine has recommended that Sudoku puzzles are used in the classroom as brain exercise!

As well as developing your child's logic and reasoning skills and concentration, Sudoku puzzles, if done at the right level, build your child's confidence. Children of all abilities enjoy the challenge of a Sudoku puzzle, if the puzzle is age-appropriate. Bear in mind that many of the puzzles published in newspapers are too difficult for younger children, so it is worth seeking out puzzles made especially for kids. Children as young as five years old can try the 4x4 grids, then build up to the 6x6 grids and finally the traditional 9x9 grid.

Why are Sudoku so appealing? Firstly, although Sudoku grids usually use numbers, your child does not need mathematical skills to solve the puzzles - only logic. Using logical reasoning appropriate to his/her age, your child decides how to place numbers into a Sudoku grid. There is only one correct answer for each puzzle, no guessing is necessary, and the rules are easy to learn. The more puzzles you do, the better you become. Each puzzle typically takes a child about 20-30 minutes to complete, and gives them a real sense of satisfaction when finished!

## Boost Your Child's Brainpower With Sudoku!

And that, really, is the secret of their popularity. You feel good when you finish one! And then you want to try another one, and another ....

Lindsay Small is the owner of Activity Village, packed full of fun and educational activities for kids. Do you have children aged 2–10? Visit

<http://www.ActivityVillage.co.uk>

to find free kids crafts, printables,

educational resources, worksheets, coloring pages and puzzles, jigsaws and, of course, Sudoku puzzles!

### **Sudoku - Mind Games At Their Best?**

**By Gabriel Adams**

Sudoku is a logic based puzzle, somewhat similar to a crossword puzzle, except it uses digits instead of words. The name Sudoku is an abbreviation of a Japanese phrase which means "the digits must remain single". It is also sometimes called Number Place or Nampure.

The history of Sudoku

You can find predecessors of Sudoku as early as 1895, when an early version or variant of Sudoku appeared in a French newspaper.

The game now known as Sudoku was not invented until 1979, however, and was actually invented in Indianapolis, not Japan. Sudoku became widely popular in 1986, when the Japanese puzzle publisher Nikoli found and published the puzzle.

The game of Sudoku

Sudoku is based on a graph of squares, nine squares by nine squares. This graph is sub-divided into 9 3x3 squares or regions. The board looks much like 9 tic tac toe games all together.

The game is played by placing digits (1–9) in the squares on the game. Easy enough. The tough part is that each region (3x3 square, each diagonal row, each horizontal row, and each vertical row of squares must contain one of each of the nine digits, but may not have duplicates.

Each Sudoku game has some of the fields pre populated with numerals, called givens or clues. The difficulty is not necessarily related to how many fields are populated, though.

Difficulty

Sudoku is a very simple game in it's construction, but it can require some serious brain effort and skill

## Boost Your Child's Brainpower With Sudoku!

to solve. Publishers often rank games according to difficulty, using 4–5 levels to organize games by their difficulty.

### Accessibility

Sudoku puzzles are published in many newspapers and magazines around the world. They are also available in print form, and as computer games. Probably the easiest way to get them, though, is from a website that features free Sudoku puzzles. Many websites can also generate custom puzzles for free.

### Visit

<http://www.sudoku-puzzles.net>

for free sudoku games and more.



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**

**Impair Healthy Healing In People Over The Age Of 30!**

