Healthy Habits List

Introduction

- **Level:** B2
- **Skills:** Writing
- **Topics:** Vocabulary/ Health, mind & body

The enigma

- **Keywords**

In this riddle players must find the healthy tips list, which is separated in the room, decoding it and add the numbers from it to progress in the game. In the first part they must decode the puns which will lead them to the pieces of the list and then they must decrypt the list by using Morse code.

- **Toolbox**

Morse Code Alphabet

paper and a pen or a tablet with internet connection

- **Description of the enigma**

Divide the list of healthy tips and place it in different places in the room.

Ask players to decipher the messages and puns to find the locations of the parts of the list.

THE CLUES:

1. I love Beatles (hide the clue in a Beatles album)

2. Scroll tablet (hide the clue in a tablet),

3. Oreo a biscuit lover?, sounds like "Are you a biscuit lover?" (hide the clue in a biscuit jar)

4. I was wondering why the ball was getting bigger. Then it hit me (hide the clue in a ball)

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Once they find every missing part of the healthy tips list by solving the puns, provide them a tablet and this site: https://morsecode.world/international/translator.html or the morse code list, so that they can figure out the code.

The original healthy tips list:

More than eight hours of sleep a night
Regular hand washing with soap and water for 20 seconds at a time
2 hours or less of screen time a day
1 hour or more of physical activity a day
0 sugary drinks a day

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Healthy Habits List

The encrypted healthy tips list (morse code):

More than . .. --. .... - hours of sleep a night.	
Regular hand washing with soap and water for - .-- . -. - -.-- seconds at a time.	
- .-- --- hours or less of screen time a day.	

--- -. . hour or more of physical activity a day.	
--.. . .-. --- sugary drinks a day.	

Morse Code Alphabet (to be printed in large font size)

Morse Code Alphabet

Latin

A	.-	B	-...	C	-.-.	D	-..	E	.	F	..-.
G	--.	H	....	I	..	J	.---	K	-.-	L	.-..
M	--	N	-.	O	---	P	.--.	Q	--.-	R	.-.
S	...	T	-	U	..-	V	...-	W	.--	X	-..-
Y	-.--	Z	--..								

Numbers

0	-----	1	.----	2	..---	3	...--	4	....-	5	.....
6	-....	7	--...	8	---..	9	----.				

Punctuation

.	.-.-.-	,	--..--	?	..--..	'	.----.	!	-.-.--	/	-..-.
(	-.--.	)	-.--.-	&	.-...	:	---...	;	-.-.-.	=	-...-
+	.-.-.	-	-....-	_	..--.-	"	.-..-.	$	...-..-	@	.--.-.
¿	..-.-	¡	--...-								

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When the decoding is done, give them these instructions: "The numbers will lead you to the solution". By hearing this, they must sum up all the numbers in the list: 8 (hours of sleep) + 20 (hand washing) + 2 (screen time) + 1(physical activity) + 0 (sugary drinks) = 31

Hints

You can use pictures beside each tip to support the players.

If they don't know what to do with the decoded sentences, give them these instructions: "The numbers will lead you to the solution".

More information:

Possible restrictions

Make sure that your text is written in an adapted font and font size for all learners, including those with SLDs.

References

✓ https://morsecode.world/international/translator.html