

Daily Delight

TUESDAY • JANUARY 20 • 2026

Take A Walk Outdoors Day

Take A Walk Outdoors Day falls on January 20 every year, and as the name suggests, it's a day to step outside for a walk alone or with someone. Walking comes with a bag full of health benefits, and taking a walk outdoors is always more fun than doing it on a treadmill. Walking outdoors lets your body absorb Vitamin D, which is good for your bones and muscle growth. Today, we are familiar with various forms of walking such as race walking, speed walking, brisk walking, power walking, marathons, and so on. Walking has even become a mode of worship. If you have a daily ritual, like getting your morning coffee, reading a book, or listening to music, club it with a bit of walking. This way, you don't have to find an extra slot in your busy schedule for a walk. Make it a group effort for added enjoyment.



Today in History



In 1993, Maya Angelou was the 1st African American woman to recite a poem at the inauguration of a U.S. president. She was best known as a poet and writer. Angelou was active in the Civil Rights movement and worked with Martin Luther King, Jr. and Malcolm X.

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DID YOU KNOW?

A Tiny Powerhouse

For every human on Earth, there are about 1.6 million ants. All the ants combined weigh about the same as all the humans combined. That's enough for everyone to receive a portion of all the ants equal to their weight. Ants are incredibly strong, able to carry 10–50 times their body weight. The Asian weaver ant can lift 100 times its mass. Ants also have two stomachs, one for their food and one for sharing with others.

TRIVIA

Who was the first African American to win a Pulitzer Prize for fiction, awarded for her novel *Beloved*?

A Zora Neale Hurston

B Alice Walker

C Maya Angelou

D Toni Morrison

TODAY'S FUNNY

What happens when you throw a green stone into the Red Sea?

It sinks!

TODAY'S WISDOM

"The arc of the moral universe is long, but it bends toward justice."

- Martin Luther King Jr.

WORD SEARCH

5 Letter Words



Alarm

Badge

Color

Dodge

Ember

Field

Genre

Hound

Ideal

Jewel

Kayak

Liver

SUDOKU

How To Play:

Each 9x9 box is comprised of 9 smaller 3x3 boxes. Each of these smaller boxes must be filled in with numbers from 1-9. Each row and column of the larger 9x9 box should not have any numbers repeated.

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

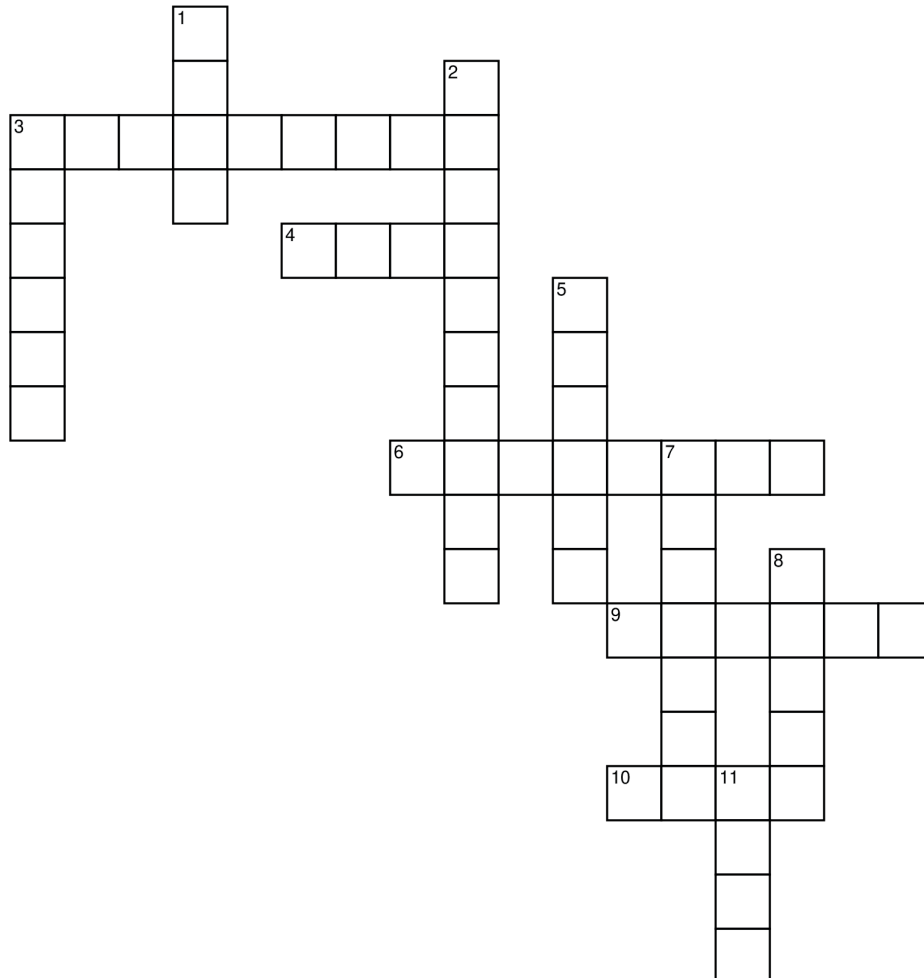
9	3				4			1
	7						6	
		4			3	5	8	9
4		7	1	2	8			
1		9	4	3	5	8		6
	5			7		1		2
7		5	8	1				4
	8		9	4		2	5	7
6	4	2	3	5				8

Helpful Tip:

If you get stuck, try asking yourself "Where can I place number X in this row or column?" Scan to see if the number is already in that row, column, or box.

MINI CROSSWORD

Greek Gods and Goddess



Across

- [3] Goddess of love
- [4] King of the gods
- [6] God of the sea
- [9] Goddess of the night
- [10] God of war

Down

- [1] Goddess of marriage
- [2] Queen of the underworld
- [3] God of archery
- [5] Goddess of wisdom
- [7] Goddess of the harvest
- [8] God of the underworld and the dead
- [11] Goddess of discord and strife

CONVERSATION STARTERS

Use the following conversation prompts to start a discussion with friends or family! You may also use the provided lines to answer the questions on your own if you prefer.

Do you love food? And is that a silly question? What would you say your all-time favorite food or type of food is?

Did any of your family members have a signature dish that you loved for them to make? Did you have a signature dish?

Did you have any special recipes that had sentimental value to you? On what occasions would you make those recipes?





SOLUTIONS

Trivia Answer: D.

Morrison won a Pulitzer Prize for fiction for the critically acclaimed novel *Beloved* (1987). She received the Nobel Prize for Literature in 1993.

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

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

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

