There are n people whose **IDs** go from 0 to n - 1 and each person belongs **exactly** to one group. Given the array groupSizes of length n telling the group size each person belongs to, return the groups there are and the people's **IDs** each group includes.

You can return any solution in any order and the same applies for IDs. Also, it is guaranteed that there exists at least one solution.

**Example 1:**

**Input:** groupSizes = [3,3,3,3,3,1,3]

**Output:** [[5],[0,1,2],[3,4,6]]

**Explanation:**

Other possible solutions are [[2,1,6],[5],[0,4,3]] and [[5],[0,6,2],[4,3,1]].

**Example 2:**

**Input:** groupSizes = [2,1,3,3,3,2]

**Output:** [[1],[0,5],[2,3,4]]

**Constraints:**

* groupSizes.length == n
* 1 <= n <= 500
* 1 <= groupSizes[i] <= n