

CHILDREN AND YOUNG PEOPLE

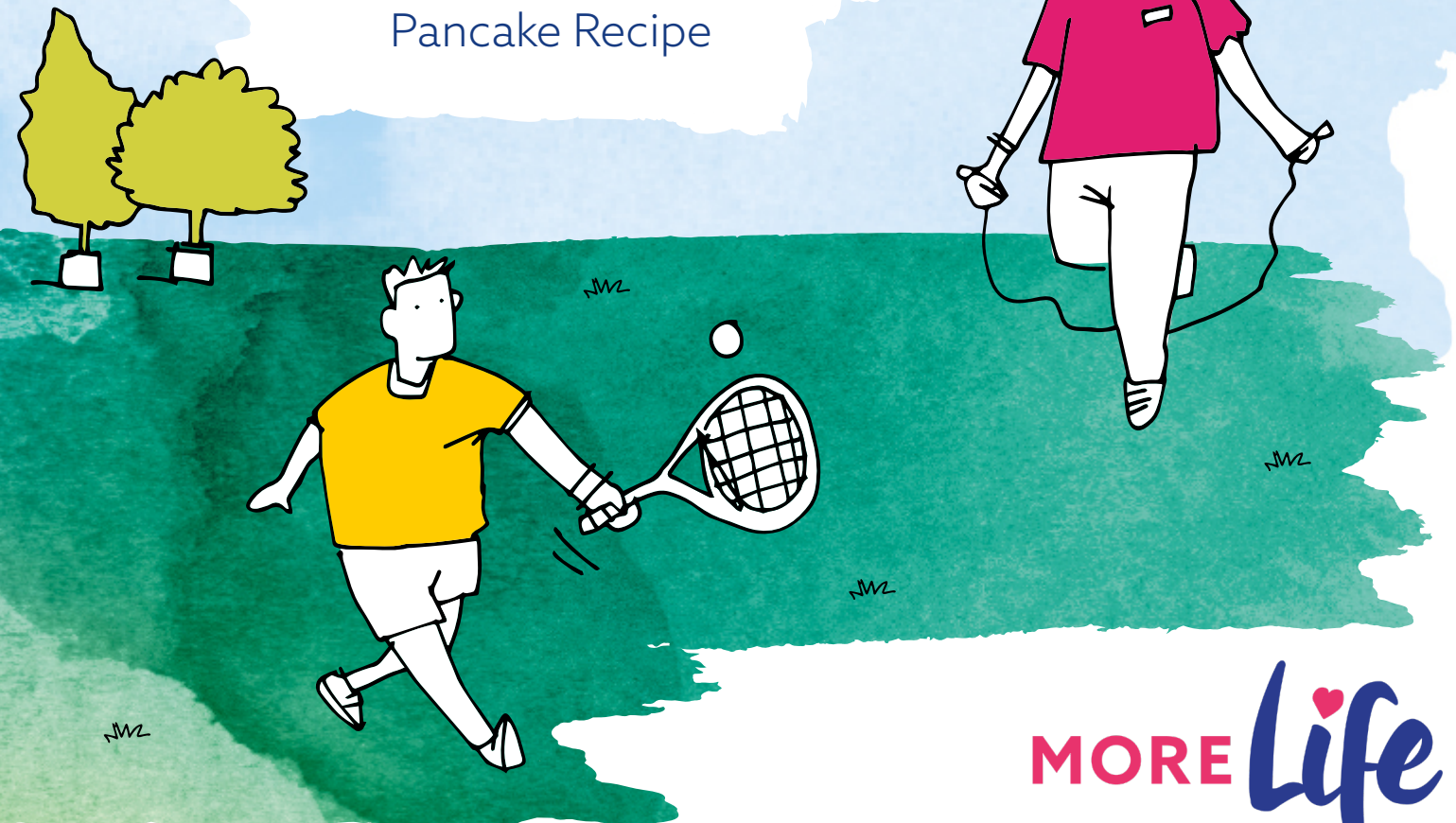
ACTIVITY PACK NINE

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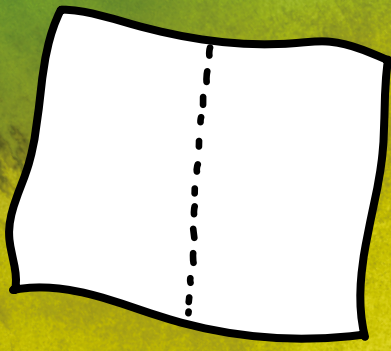
Making Origami

Getting to Sleep

Pancake Recipe



MORE *Life*

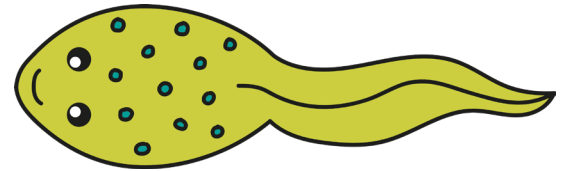


MAKING ORIGAMI



Once you have made your origami animals and plants, you could take them outside and re-create the story using them as characters going on an adventure. You could even pretend to be the characters and go on your own adventure story!

The Tadpole and Fox that needed a Friend

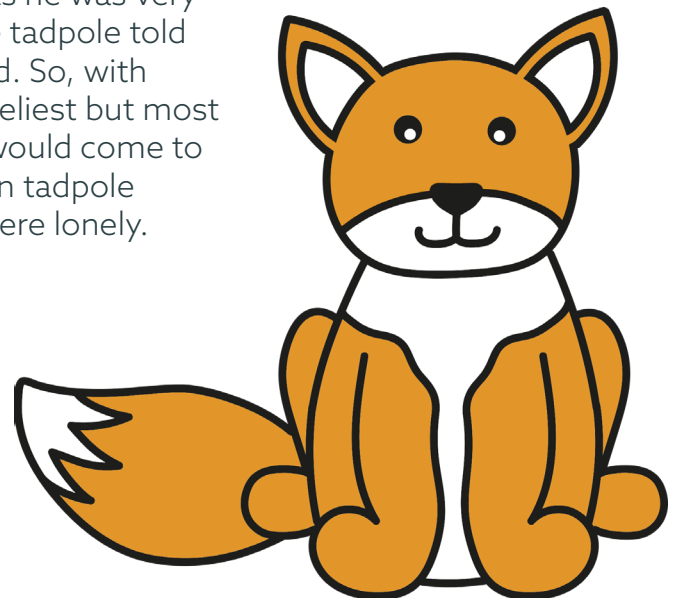


There once was a tadpole, who was ever so lonely in his pond. You see the little tadpole was the only one in a very big pond. At nighttime, the little tadpole would sometimes be scared all on his own in the dark.

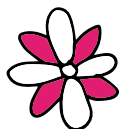
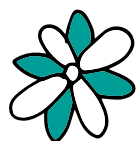
One night, the tadpole heard a voice at the top of his pond say 'Hello, is anybody in there? So, the little tadpole swam up to the surface to see who was there. To his surprise, it was a fox! Are you going to eat me? The tadpole asked. 'Of course not' replied the fox, 'I only eat plants'. So do I, said the tadpole.

The fox explained that he had come to the pond as he was very lonely on his own and wanted to find a friend. The tadpole told the fox how he was also very lonely in his big pond. So, with that, the fox and the tadpole made the most unlikely but most loveliest of friendships. Then every night the fox would come to the pond, and they kept each other company, then tadpole never felt scared again and neither one of them were lonely.

MoreLife challenges you to create the tadpole, the fox and a plant for them to eat. You can also try to create your other favourite origami animals and plants by finding instructions online. Can you create a story of your own about the animals and plants you make?



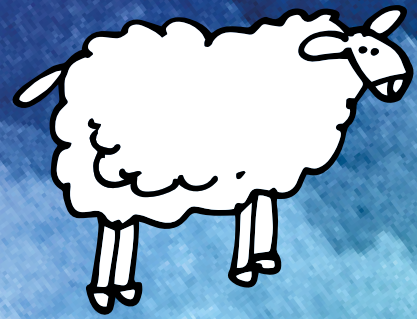
Origami Tadpole



Origami Fox



GETTING SLEEP



Reading a bedtime story can help children get to sleep. You can ask them to close their eyes and visualise themselves as a character in the story for a sense of adventure. 'Getting a good night's sleep can: improve mood, increase concentration levels and overall improve physical wellbeing'.

A good night's sleep is essential for a long and healthy life. Sleep is just as important for our health as eating a balanced diet and moving. Read about Tired Terry and Energetic Ellie to see the difference that a good night's sleep can make.

Tired Terry

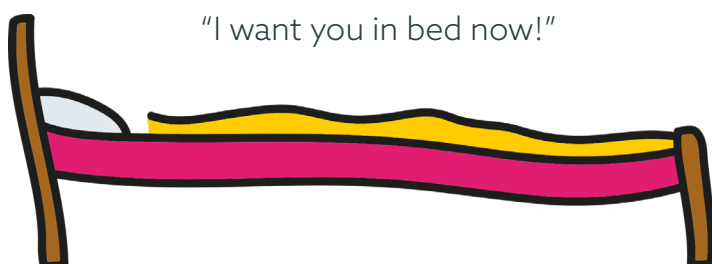
"Oh, Terry. You're too energetic before bed. Please turn off your laptop." His mum sighed.

"Just 10 more minutes!" Terry pleaded.

And after ten more minutes of being on his laptop, Terry pleaded for another 10 minutes more. Instead, his mum sent him upstairs to get ready for bed, but after 10 minutes of restlessness, Terry began jumping on the bed, eyes bright with mischief.

Terry's dad pulled open the door and sighed. "How many times have I told you, Terry? Beds are for sleeping on, not for jumping on. Now go to sleep."

"Sorry, dad," said Terry.



"I want you in bed now!"

As soon as his dad had left the room, Terry jumped on the bed again, giggling. "I can hear you jumping still." His dad called from downstairs.



Terry began to sulk. He did not want to sleep. Why did he have to sleep and the grown-ups got to stay up late?

So, Terry tiptoed to his parent's room, found their tablet on the bedside table and snuck it back to his bedroom.

Soon, he was watching his favourite cartoons under his blanket, and his parents didn't have a clue.



THE NEXT DAY

"Time to get up," Mum said shaking Terry on the shoulders.

"No," Terry groaned. "It's too early. It must be 4am."

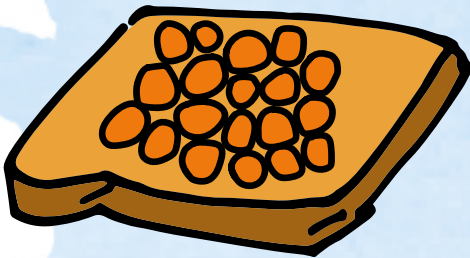
"Terry, it's 7:30 am. You need to get up. You'll be late for school."



Terry stumbled into the kitchen. His shirt was buttoned up wrong and he had an extreme case of bed hair, with tufts standing up on end, where he had forgotten to comb it. Terry's sister, Macey, looked up and giggled.

"Oh Terry, you can't go to school like that." Mum sighed. "Comb your hair."

"I thought I had," Terry said. "I must have forgotten."



Terry sat down at the table for breakfast. A wave of sleepiness came over him and he slumped forwards onto his plate of beans on toast.

"Ewww," Terry said wiping the tomato juice from his hair and face and flicking the beans from his white shirt onto the table.

"Oh, Terry. Now you'll need a hair wash and a shirt change. We don't have time for this." Mum said, frantically.

Dad entered in a fluster "Where's my tablet gone? I need it for my 8am meeting."

Terry looked to the floor sheepishly.

"Terry, do you have something to do with this?" His dad asked.

"I took it last night and watched cartoons in bed," Terry said.

"Well, that's why you're so tired. There is a reason we set you a bedtime, you know." Mum said.

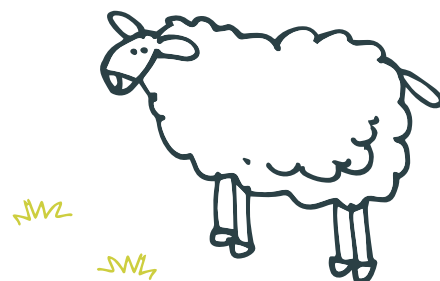
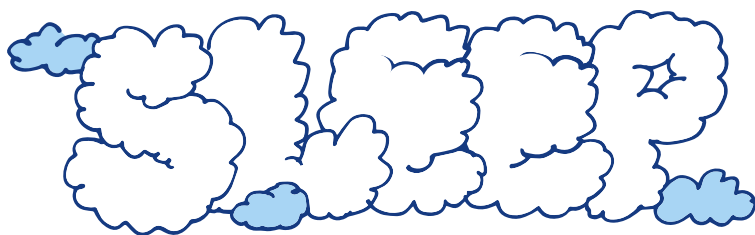


At school that day Terry fell asleep in science, he got told off by the teacher for zoning out and got himself detention, and at hockey training that evening he let 5 goals in, and his team lost the match and where he couldn't concentrate he got hit with the hockey puck and needed an ice pack.

"Today was rough," said Terry with a yawn.

"I hope you've learnt your lesson about how important sleep is," Mum said, tucking Terry in under the covers.

And Terry replied with a big loud SNORE!!!



Ellie's Bed Time

"Let's start getting ready for bed, Ellie," Mum said.

"I don't want to go to bed, mum. I feel too restless."

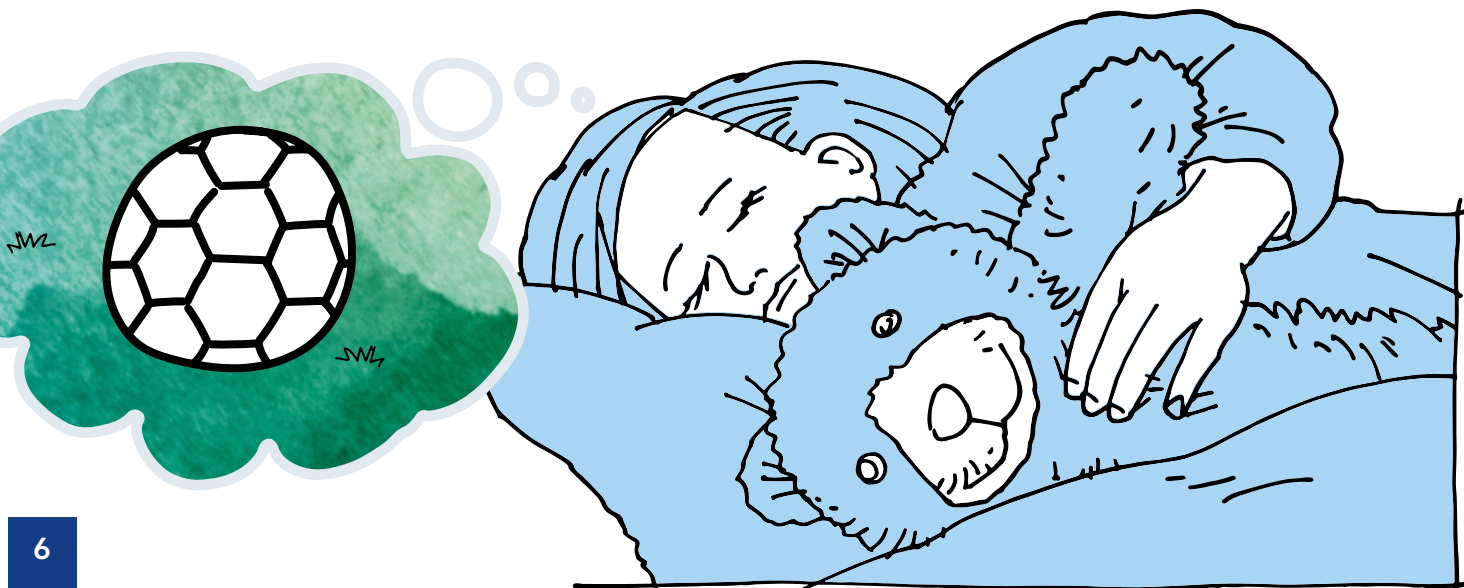
"Let's do some yoga to wind down," Mum said.

Ellie's mum placed some yoga mats down and they did yoga together with her brother, Ben. Ellie liked yoga because she could pretend she was different animals, depending on the stretches.

"I do feel a bit sleepier, but I'm still not tired enough to sleep."

"I'll run you a bath," Mum said with a smile. "Wash away the day, ready for bed."

After her bath, Ellie sat in bed and opened a fresh page of her journal. She jotted down all that had happened that day and all that had worried her.



ELLIES Journal

Kylie said that I wasn't very good at football today and it really upset me because I've been trying really hard to get better at it. I almost said something mean to him, but I stopped myself. Mum said I should be proud of myself for that. She said that took a look of control and it showed a lot of kindness.

I also felt worried when I didn't know the answers to the math test. I get the mark back for it tomorrow. I hope I get some questions right.

Dad was meant to take me to see Granny today, but she wasn't very well. I was upset, as I was really looking forward to seeing her and I want her to feel better, so I can see her.

All the whirring worries slowly began to fade after Ellie wrote in her journal. She always found this, so she had made it a habit to write in it every night before bed. Reading a good book always helped too. She turned her night light on and managed to read 5 pages of her book before she fell asleep.

The Next Day

Ellie jumped out of bed, flung open her curtains and smiled at the sight of a sunny day. She got ready for school without her mum or dad having to pester her. She raced down the stairs for breakfast with her family.

"Morning everyone." Ellie beamed.

Mum smiled. "You're a ray of sunshine today."



At school, Ellie put her hand up for all the questions, got stickers for being well behaved, and she successfully learnt some new chords in her guitar lesson. Ellie noticed how her Terry friend was the complete opposite at school today, he was very grumpy and snappy, and he'd fallen asleep at his desk. This had made Ellie giggle, and everyone else for that matter.

As Ellie hugged her mum at the school gates, she announced, "today was a good day".

Getting to Sleep at Bedtime

There are a number of ways that you can encourage children to relax before bedtime. By creating a relaxing atmosphere it'll be easier to fall asleep, resulting in improved sleep quality. The benefits of improved sleep quality are vast, some of these include improved mood, increased concentration levels and an overall improved physical wellbeing.

Here are a few ways to Relax One Hour before Bedtime



Stop screen time at this point, as the blue lights affect the ability to fall sleep

Read a book/
bedtime story

Play some relaxing music (sounds of waves, rainfall, or whale song)

Writing in a journal about all of the things that have happened throughout their day. This could help children release some anxiety

Have a bath, these can be relaxing for anyone



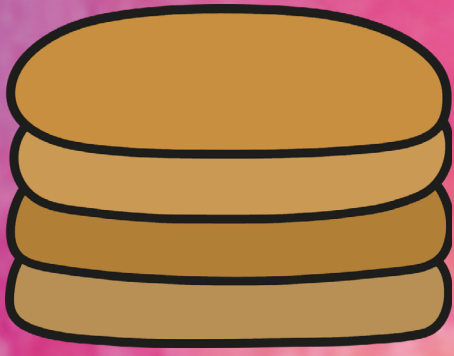
A dark room is ideal for a good night's sleep. If your child gets scared of the dark, try a comforting nightlight.

Create a comfortable sleeping environment - make sure to stay cosy with favourite teddies, pillows, blankets and maintain a comfortable temperature.

MAKE GETTING TO SLEEP EASIER
BY CREATING A GOOD SLEEPING
ENVIRONMENT. YOU CAN DO THIS
BY MAKING SURE YOUR BED IS
COMFY AND YOUR ROOM IS QUIET



Please complete a quick survey on this pack at
smartsurvey.co.uk/s/Pweek9



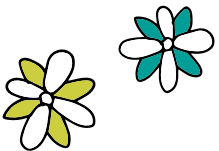
PANCAKE RECIPE

Have a go at making three-ingredient pancakes. They are delicious, easy to make and perfect for those busy mornings or a welcome addition to any brunch table.

There are many different versions so you can make them suit your taste or dietary requirements (dairy-free, vegan, vegetarian). Our MoreLife team member, Melissa told us she enjoys making this recipe on the weekend as it is such a simple recipe, using ingredients that she usually has at home. What she enjoys about it the most is spending time with her family to cook and eat their brunch together.

What you will need

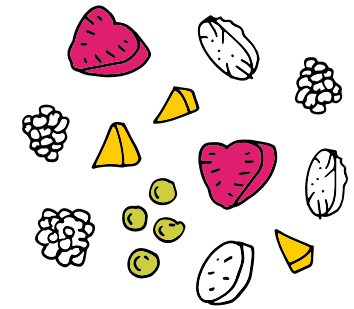
Ingredients - Serves 1



1 Banana



2tbsp Plain Flour



1 Egg



YOU CAN SUBSTITUTE MANY OF THE INGREDIENTS IN PANCAKES FOR OTHER THINGS LIKE COCONUT OIL

1

Peel your banana and mash it up with a fork.

2

Crack your egg into a bowl and mix it with your banana and flour.

3

Once it is mixed into a batter, set your pan on a medium heat.

4

Once your pan has heated up, add some oil so the pancakes don't stick.

5

Slowly pour some of your batter into the pan. Move the pan around to spread out the batter.

6

Once you think the first side is cooked, flip the pancake over.

7

Once the other side has cooked, take your pancake out of the pan and put it on a plate.

8

Repeat steps 5 to 7 until all of the batter has been used.

9

Now you can serve up your pancakes, add some toppings to make them even more delicious.