

How to...



Make a den

What you need

- Chairs or a table
- Lots of blankets, cushions or sheets
- A torch
- Snacks and activities for the den

Making a den inside on a rainy and cold day is great fun – here are some tips to make sure yours is the best.

- Get some heavy chairs with high backs if you can, and turn them round so they are facing outwards – then drape a blanket over the top. Or use a table with some sheets draped over the top and down the sides so you can hide underneath.

- The darker or thicker the blankets the better. That way less

light can get in. Try not to use anything too heavy or it might drag the roof of the den down. Put some heavy books on the seats of the chairs to hold the blankets in place if you need to.

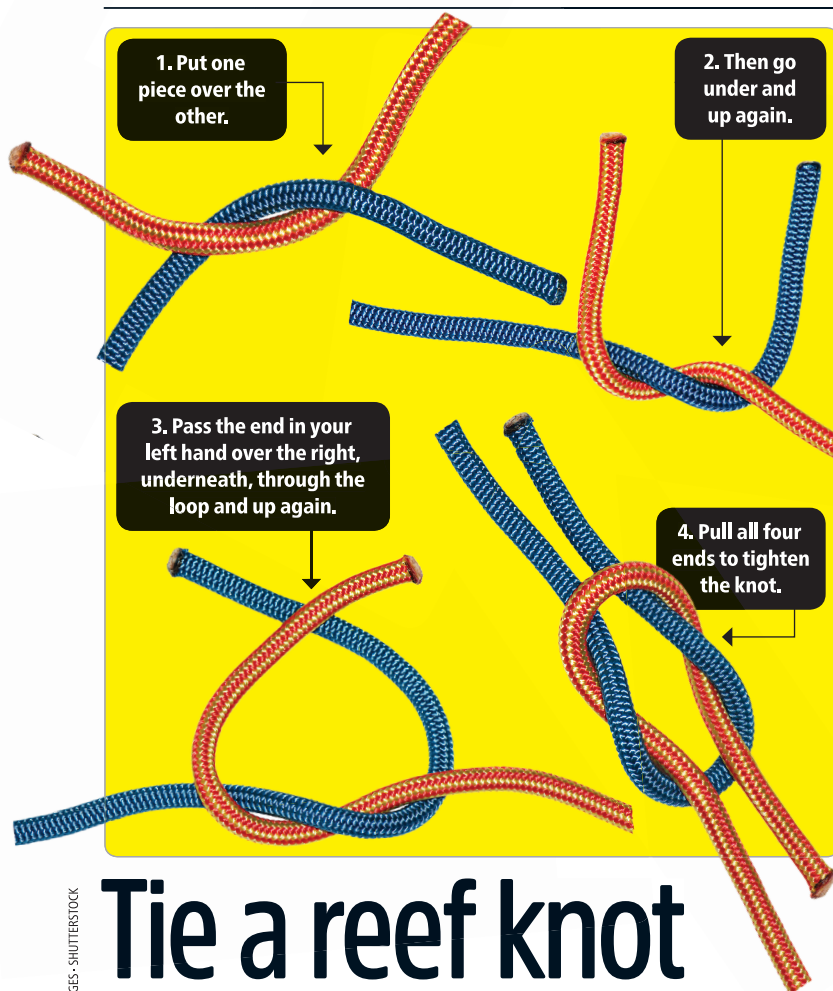
- You can fasten the blankets together with clothes pegs if needed.
- Ask a grown-up if you can leave the den up all weekend – and even maybe sleep in it.
- Be careful: heavy chairs can tip over, so make sure you have a good opening so you don't pull the den over when getting in and out.



Building a den is easy and fun.

LIGHT IT UP

Keep a torch inside your den so that you can read books and magazines or write stories inside it.



1. Put one piece over the other.

2. Then go under and up again.

3. Pass the end in your left hand over the right, underneath, through the loop and up again.

4. Pull all four ends to tighten the knot.

Tie a reef knot

What you need

- Two pieces of rope or string at least 30 centimetres long

Knots are really useful things to learn. This one is used by sailors and is more than 4,000 years old. It is also known as the Hercules knot. If you want to watch a video of it being tied, go to tinyurl.com/TWJ-reefknot

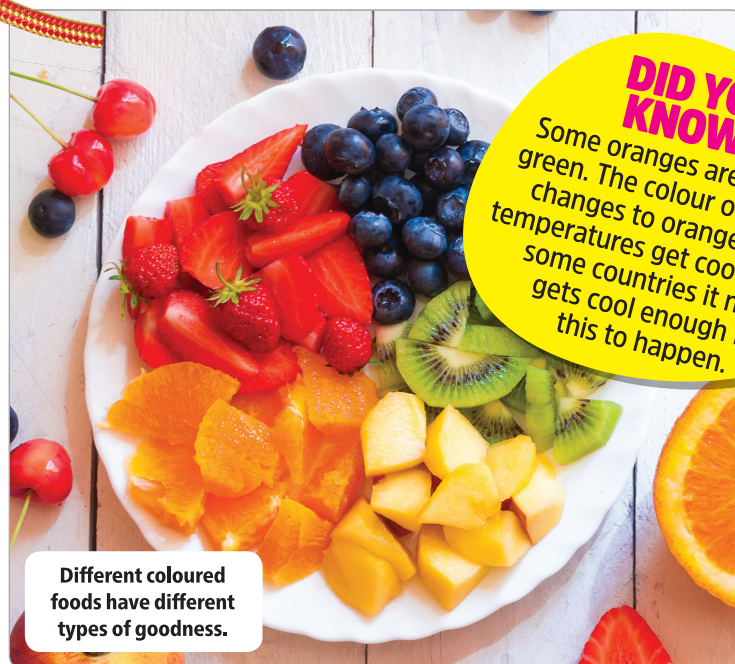
Mix a rainbow fruit salad

It's not just your greens that you need to eat. Different coloured foods have different types of goodness in them that your body needs to stay healthy.

Why not try making a rainbow fruit salad – choosing one or more types of fruit for each colour. You won't just get all sorts of tastes, you'll get a wonderful selection of vitamins and nutrients, too. Here are some choices:

- Red: apples, strawberries, cherries
- Orange: tangerines, oranges
- Yellow: bananas, pineapple
- Green: grapes, pears, kiwi
- Purple: grapes, plums

Mix up a selection of these fruits to make a beautiful multicoloured salad, and tuck in. Why not challenge yourself to eat five different coloured fruits and vegetables every day?



Different coloured foods have different types of goodness.

DID YOU KNOW?

Some oranges are actually green. The colour of the skin changes to orange when temperatures get cooler but in some countries it never gets cool enough for this to happen.

Got an idea? Made something cool? Share it with us at hello@theweekjunior.co.uk