

## How to...

# Make story dice

### What you need

- Paper
- Pencil
- Glue stick
- Scissors

### Instructions

Use these easy-to-make dice to inspire you to write stories. Begin by drawing a dice template on a piece of paper, or download and print one from the internet. If you're drawing it you'll need to start by creating a column of four equally sized squares. Then add two more squares of the same size, one either side of the second square down, to create a cross shape. Add tabs to the ends of the three squares that make up the smaller arms of your cross. You will need to create and cut out three templates. Next, draw pictures on the six squares of each dice template. One dice will be for character pictures, one for plot pictures and one for pictures of places. Now, fold up your templates to create three cubes. Glue the tabs inside the cubes to hold the sides in place. When you're ready to write a story, give the three dice a roll to decide your character, plot and place, then see what amazing adventures you can conjure up for them.

**MIX IT UP!**  
Why not make some extra dice for even more variety? Perhaps you could add one for magical powers, some scary villains or even one featuring the names of your friends.

The dice will help you create stories.

**WARNING!**  
Take care using the toaster as it will get very hot. Ask an adult for help.



Pieces of fruit help make fun faces.

# Create lion toast

### What you need

- Bread
- A spread of your choice (i.e. biscuit or chocolate spread)
- Banana
- Grapes
- Toaster
- Knife

### Instructions

Toast a slice of bread and cover it in a generous layer of your spread of choice. Use the knife to cut off the crusts in a jagged fashion, as you'd imagine a cartoon lion's mane to look. Stop and eat the spread-covered crusts so they don't go to waste. Use banana slices and grapes cut in half for the lion's eyes, a whole grape for the nose and a quarter for the mouth. If you have both, green grapes work best for the eyes and mouth and a black grape will make a great nose. To give your lion some whiskers, use a knife to carefully draw thin lines through the spread from the lion's nose. Your big cat snack is now ready to devour!

# Be more mindful

Here are some tips for helping you to relax.

### Breathe with a bear

Take a teddy bear and lie on your back with the toy on your tummy. Breathe quietly for one minute, concentrating on watching how the teddy moves up and down as your breath goes in and out. Next, imagine any thoughts that come into your head as turning into bubbles and floating away.

### Squeeze it away

Lie on the floor on your back with your eyes tightly closed. Now squeeze every muscle in your body as tightly as you can and raise your shoulders up towards your head. Hold this position

for five seconds then release. Repeat this three times to feel really relaxed.

### Focus on smell

Take an orange or a flower or anything that has a nice smell. Close your eyes and hold it under your nose. Take a really deep breath in. Focus solely on the scent for a few seconds, then exhale.

### Heartbeat test

Jump up and down as fast as you can for 30 seconds. Now stand still and hold your hand on your chest. Close your eyes and feel your heart beating. What else do you notice about your body as it relaxes after exercise?

Ignoring distractions helps you relax.



**DID YOU KNOW?**  
Mindfulness means being focused on what's happening right now and pushing out all other thoughts.

**Got an idea?** Made something cool? Share it with us at [hello@theweekjunior.co.uk](mailto:hello@theweekjunior.co.uk)