

The Fabulous Four

Instructions to Games and Activities

EASY DREAMCATCHER FOR KIDS

1. Twist one end of gold or silver craft wire onto a 4- to 5-inch round metal ring. The wire needs to be fairly tight.
2. Take the wire across the ring to a point opposite the wraps you just made.
3. Wrap the wire around at that point so that the wire has crossed the circle.
4. Choose another point near the original starting point and repeat the process. You should now have a crooked V shape.
5. Wrap the wire tight and slip the end.
6. Start with a new piece of wire at a place about 45 degrees from the first wrap you made.
7. Repeat the above steps except this time, as you cross parts of the original V, make a tight loop around it and string a bead on the wire. You can change direction slightly at that point. This will create a web effect.
8. Make a third set, again adding beads at random intervals.
9. Add a feather or other decoration and a couple of leather strips to the top.

STARTLING SLEEPY SPECIFICS

- To fall asleep it is best to be in a cool room.
- The record for the longest period without sleep is 18 days, 21 hours, 40 minutes during a rocking chair marathon.
- Studies have shown that it is almost impossible to sleep when your feet are cold.
- The average human will spend 1/3 of their life sleeping.
- Fatigue is involved in one in six fatal accidents.
- Animals that are active at night are called nocturnal (bats, owls, cats, ferrets, and seamonsters).
- Sloths and bats sleep upside down.
- Birds sleep by tucking their head under their wing.
- Fish sleep with their eyes open.
- Elephants can sleep while standing but will lie down for deep sleep.
- Giraffes need very little sleep with an average of 1.9 hours/day.
- The brown bat is the sleepest animal getting 19.9 hours/day; almost four hours more than a human infant.
- Whales and dolphins have different sleep patterns than other mammals because they must consciously breathe to survive. These sea animals have adapted by using only half of their brains to sleep at one time.
- Which animal do you think needs the most sleep? horse (2.9 hours/day), chimpanzee (9.7 hours/day), or rabbit (11.4 hours/day)