

Brownies choose your own adventure! Session 8



Feel Good Stage 2 skill builder

What makes for a good night's sleep?

What you need:

Paper, colouring pencils / pens

Think about things you do before bed, after school... .

- What things involve food and drink? What things happen in the bathroom? What other activities?
- Pop your thoughts on the paper in a list so you can cut the list up to rearrange the order
- When you can't think of anything else, cut up the list and see if you can think of the best order. Remember, some days you may have a dance class instead of Brownies, so you can pile them together.



- What things could make an order bad? Having a snack after cleaning your teeth? Watching screens just before you turn out the light?

- Test out your order tonight, did you forget something? Add another slip if you did. What would make the order better, choose something to help you relax closer to bed and do more active things earlier on.

- Talk with your parent or carer about your plan and changes that help you have a good night's sleep. Draw or stick down your plan and add a smiley face when your plan works.



If you have completed the 4 purple challenges from Be Well - you have now finished a skill builder badge!
Congratulations!



Easter fun with Sfida!

No-Sew Sock Bunnies



What you need:

A sock
Sandwich/nappy plastic bag
Rice or grains for weight
Tube/cup or funnel
Elastic bands x2
Scissors
Ribbon or fabric scrap
Black marker

1. Choose a sock to be the body of your bunny. Put in the plastic bag and fill with enough rice using the tube or funnel so the sock stands up on its own and makes a nice round tummy. Make sure all the rice bag falls to the bottom of the sock.
2. Pinch off where you would like the head and secure an elastic band around to create the neck. Secure the second elastic band around the top of the head - make sure it is tight!
3. Starting at the open top and ending at the elastic band at the head, cut the remaining part of the sock to form the two bunny ears. Continue to carefully cut, snip and trim away the extra fabric to form two even, oval bunny ears.
4. Tie the ribbon around the bunny neck between the head and the body to hide the first elastic band.
5. Use the marker to draw a face on the bunny's head. All you need to do is make two little dots for the eyes, and a little "X" for the mouth!