



The Quests of Mywildia

THE KINGDOM OF FIRS

Adult Guidance



Introducing the Kit

Welcome to Mywildia. Together with your child and the main characters in our story, Nova and Robin, you are about to embark on an exciting journey across the mystical lands of Mywildia to visit the creatures of **The Kingdom of Firs**.

Follow the story, learn about the challenges the creatures who live in this snowy, cold kingdom face, and how they overcome them. Finally, take part in the fun, engaging and creative quests which help your child to understand how to keep their own minds and bodies healthy and happy.

THE QUESTS OF mywILDia KIT CONTAINS:

- ★ A kit for your child packed full of interesting, imaginative and quality resources and equipment for them to complete four core activities alongside an adult.
- ★ A beautifully illustrated workbook with storyboards and instructions, plus a map, to enable the child to become immersed in the story, the natural world around them, and the activities, as well as space to reflect on their own ideas and thoughts.
- ★ An online hub full of information for adults, 'how to' films, The Kingdom of Firs audio story to download, recipe cards, extension activity ideas, and other free activity ideas and support for families. Follow the QR codes in the child's booklet or this booklet to access the hub or visit www.wildforlife.co.uk/thehub

THIS ADULT GUIDANCE BOOKLET CONTAINS:

- ★ The full story of The Kingdom of Firs for you to read to your child. The story is split into chapters which correspond with each activity or 'quest' within the kit. Children are able to follow along using the storyboard and simplified statements in their workbook. You can listen to an audio recording of the story on the Mywildia Hub with your child, if you prefer: www.wildforlife.co.uk/thehub
- ★ After each chapter there is a summary of the key objectives for the linked activity. The activities in this kit are not only about having fun and taking part in crafts, they are about exploring our feelings and emotions, becoming more aware of ourselves and the world around us, and improving our confidence. What's more, you can watch 'how to' films for each of the activities on the hub to help you support your child through the activity.
- ★ Following the summary of the activity, there are also some key questions that you could use as a conversation starter during the activity to help you to work with your child on a deeper level. The questions will help your child to open up about their feelings and to think about how they would tackle different scenarios, emotionally and physically.
- ★ Finally, on the hub you will find a number of extension activities which either link to the themes of each activity in the kit, or reuse the equipment in their kits in other ways. All extensions enable you to continue your discussions on a theme, or encourage more outdoor or creative play together. On the hub you will also find recipe ideas and other free family/nature-related activity ideas and support from other organisations.



The Quests

Here is an overview of the four core activities or 'quests' in this kit and the equipment needed to complete them. Within the child's booklet you will find step by step instructions on how to complete the activity. You can also find 'how to' films on our online Mywildia Hub which you can access through the QR code. Read or listen to the corresponding chapter of the story before taking part in the activities and then use the prompts in this booklet to enhance the activities further for your child.

activity	DESCRIPTION	equipment
CHAPTER 1: Dens, setts and tree-tops	Make your own snowy kingdom in a globe. What does it need to make it extra special, safe and a happy place to live in?	Glass globe, glitter and glue, oil pastels, moss, paper punch, sticky spot, leaves etc. from outside
CHAPTER 2: Fur, feathers and fun	Crown your own cosy bobble hat with a homemade pom pom and then go outside on a scavenger hunt or play!	Winter beanie hat, ball of yarn, needle, pom pom template, card, scissors
CHAPTER 3: Nuts, seeds and berries	Help all our feathered friends, including Robin and Twitch, by making a delicious bird feeder full of all the things that will keep them strong and healthy.	Pine cone, bird seed, vegan suet, mixing spoon and bowl, measuring cup, string, a little warm water
CHAPTER 4: Sleepy, starry nights	Sleep is very important for all creatures to feel their absolute best. To help you sleep soundly, you are going to make a sparkling sleep charm.	Snowflake mould, resin powder, gold/silver leaf and glitter, gemstones and jasmine flowers, bowl and mixing spoon, string, measuring cup and 17.5ml of water

The story begins on the next page. Read along with your child. They can download an audio version of the story on our online hub by scanning the QR code here.



Journey to The Kingdom of Firs



Nova sat in her kitchen gingerly slurping a bowl of steaming hot vegetable soup. It was only 4pm in the afternoon, but the cold, darkness of winter had already surrounded her house. Wind was howling down her chimney, and small flecks of snow were sticking to her draughty kitchen window. Nova shivered. She pulled her cardigan around her tightly to keep the warmth against her body. It was going to be a chilly night.

Nova shuffled over to the window and began to count the delicate snowflakes that were beginning to create an intricate, sparkly jigsaw on the glass. She pressed her nose to the glass and felt its sharp coldness burn her skin. The snowflakes momentarily disappeared as a snort of her breath clouded the glass like the smoke from a dragon's nostrils. Gradually the speckled darkness returned.

She returned to her soup and sighed. The long winter evenings seemed to drag. She missed the lighter evenings when she could go outside, play and explore.

She picked up her comic which was folded haphazardly on the table next to her bowl. It was one of her absolute favourites. How did it get there? As she flicked open the first page something brown and tattered floated out of the comic onto her lap. She carefully picked it up and prised it open.

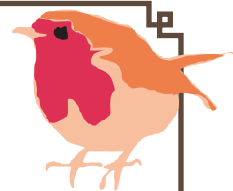
She gasped. Her eyes flashed with excitement. It was the map! She had forgotten all about the ancient map resting on her lap. Gently, she lifted it closer and peered at the details. Four lands covered with swirling letters and mysterious drawings of dense forests, towering skyscrapers, rocky beaches, and rolling countryside. Each area of the map promised adventure and discovery.

Nova had unearthed the map from the depths of her granddad's dingy shed at the bottom of her garden. It was nestled behind a stack of chipped terracotta plant pots covered in stringy spiders' webs. A grin curled across her face. She still remembered the thrill of unfurling the dusty map. Was it real? Where did it lead? Treasure? Mysteries? Magic? So many possibilities.

Suddenly, the map jumped out of Nova's hands! What was going on? Swiftly she grabbed it from the floor and saw the intricate lines of the map begin to glow an eerie blue colour, illuminating one area; The Kingdom of Firs.

Out of nowhere, a cool, icy breeze blasted back into Nova's face, whipping her dark hair behind her. A flake of snow tickled her nose, then another... and then another... until the world in front of her was filled with sparkling snowflakes. At that moment she felt her feet being lifted off the floor. Hastily, she grabbed her nearby backpack before she was whisked up into a glistening whirlwind and spun into a dizzying blur.





TAP TAP TAP...TAP TAP TAP TAP ...her eyes opened slowly. What was that?! She rubbed her eyes and tried to push herself up from the ground, but her hands sunk down into deep, chilled, powdery pits. Wooooaaaah!

She looked around, finally taking in her surroundings in amazement. Glistening, pure white snow as far as she could see. And trees! Hundreds of trees of different shapes and sizes. Some bare and twiggy, others shaggy and green, but all adorned with drifts of snowflakes and glassy icicles which caught the glint of the beaming full moon above her in the sky.

Nova looked up to the moon. It was the biggest, brightest moon she had ever seen, and it lit up a vast, inky sky dotted with millions of twinkling stars. It was beautiful and scary all at once.

Suddenly she felt the tap tap tapping again on her shoulder and swung round, ready to pounce like a tiger on the mystery tapper. To her surprise she came face to face with a tiny red and brown bird.

"Remember me?", said the little bird. A smile of relief spread across Nova's face. "Robin!", exclaimed Nova. "Thank goodness you are here", she continued. "Where on earth are we?! And how did we get here? Was it the map?"

Robin's eyes twinkled and he nodded. "Nova, we are in The Kingdom of Firs. You opened up the map, didn't you? Clearly, it felt you were ready for your next adventure!", replied Robin.

Nova had met Robin for the first time just outside her granddad's shed when she discovered the map. Little did she know at that point that this tiny bird would become her guide...and her friend... and could actually talk! Imagine that? A talking robin! If she had told anyone that she had been on crazy, challenging adventures across mysterious and magical lands with a tiny bird for company, they would think she was mad! But, incredibly, all this was true! "Why are we here, Robin?" Nova inquired.

Robin hopped onto Nova and whispered into her ear. "This is the land of never-ending winters. A frozen land of blizzards, burrows and berries, that requires strength, resilience, skill and energy to survive. It is home to many creatures who can teach us so much about how to be strong in our bodies, minds and hearts, and discover magic and beauty, even in the most challenging of circumstances."

Nova shivered. Robin hopped over to Nova's backpack which was sprawled across the snow. "Your coat and scarf are in your bag, you'll need them here. And the map. Don't forget the map!"

Nova picked up her bag, unzipped its fastening, and pulled out her warm coat. Quickly she pulled it on, fastened it up tightly around her and wrapped her long scarf around her neck.

"Perfect", said Robin. "Right, now you are a little warmer, why don't we go and explore this sparkling land. I have a few friends I'd like you to meet, too!"

Nova peered into the trees beyond the moonlit clearing in which they stood, her mind fizzing with excitement, and a little bit of fear. Where would this adventure lead them? Who would they meet? Only one way to find out! She pulled her shoulders back in an attempt to look like a confident explorer and turned to Robin. "Let's go!"

**MOVE ON TO CHAPTER 1 TO CONTINUE THE STORY AND
TO BEGIN THE ACTIVITIES WITH YOUR CHILD.**



CHAPTER ONE

Setts, Dens & Treetops



Robin led Nova into the snow-covered forest. A real winter wonderland – truly magical. The snow on the ground was untouched except for the odd trail of prints in different shapes and sizes occasionally breaking the smooth surface. Everything shimmered. It was like the whole area had been covered in glitter from Nova's craft kit back at home! She had never seen anything like it.

They continued deep into the forest. There was no sound, apart from a hoot from high up in a tree now and then, and a mysterious rustling noise in the undergrowth.

All of a sudden, at the foot of a giant, scaly tree trunk, they stopped. The tree's long, emerald green, needled branches hung low, topped with pristine white snow. It looked regal, like a king or queen adorned with fur-trimmed robes was standing tall and proud over them.

Robin flew over to Nova and tugged gently on her coat with his beak. "Nova, let me introduce you to one of my dearest friends, Old Red."

Nova looked up at the tree and stopped still, amazed at the wonder in front of her. Two huge eyes had appeared on the trunk of the tree. Next a wide, smiling mouth emerged from the scales of the trunk... and then a knobbly nose!

"Robin, my friend! How nice to see you", boomed a deep but warm voice from the mouth of the tree. "What brings you here? And, tell me, who is this little human next to you?"

Nova just stared at the tree in utter disbelief. A talking robin was one thing, but now a tree?! Robin introduced Nova to his friend and Nova stayed quiet, a little unsure how to react to this unusual stranger talking to her. She felt shy, a little nervous. She'd never spoken to a talking tree before! She longed for a little comfort, a safe space or lucky charm to make her feel a little more confident.

Old Red sensed her unease. The old tree bent its bows down towards Nova and spoke to her softly. "Nova, welcome to our forest... a wondrous place, full of glittering delights and fabulous creatures. It is also a very challenging place to live. You may have noticed how cold it is right now? Well, it is not always this way. When spring arrives, the sparkle comes not from the snow on the floor, but the dew drops glistening on the heads of tiny snow drops or the fresh green leaves on the trees. Come summer, our forest sparkles with shafts of sunlight, piercing the heavy tree canopy and spreading light and warmth into our homes. Autumn sparkle comes from the crackle of fiery colours of the leaves and berries of the trees and bushes. And, here you are now, in the depths of winter. Where snow and ice dominate. Our home is a rich, constantly changing place full of colour, life and challenge. Much like yours, I imagine?"

Just then a black and white head emerged from a hole at the foot of the tree. A wet nose poked out and sniffed the air. "Whatever is all this commotion?", the animal shouted to no one in particular. Nova stared at the badger that had just emerged from the hole.

"Badger!", boomed Old Red. "Meet my friends, Robin and Nova. Don't be an old grump, come and say hello!" Badger grunted a greeting in their direction.

"Nova, I am home to many animals and living organisms. A woodpecker lives in my trunk, squirrels live in a nest known as a drey up in my branches, badgers live at my foot, and families of fungi, lichen and tiny minibests also use me for protection, strength and shelter", explained Old Red.

He continued: "Other trees, bushes and the soil itself also offer havens for other forest creatures during this time – somewhere safe, cosy and comfy, where they can be themselves and shelter from the harsh winds and snow. Everyone needs a safe space to thrive and call home, don't you think?"

NOW FOLLOW THE INSTRUCTIONS ON THE NEXT PAGE AND IN YOUR CHILD'S BOOKLET TO COMPLETE QUEST 1.

CHAPTER 1:

THEMES TO EXPLORE WITH YOUR CHILD

★ This activity is all about the immediate world around us and what makes us feel safe and secure, especially during challenging times.

★ It helps children to understanding that shelter, warmth, and food are essential for us all to survive, but other things that offer comfort, show us love and make us smile are also essential for us to feel happy and protected in our safe spaces.

★ The activity also helps children explore the things that are important to them in their world and how they would like to improve their world around them.

SNOW GLOBE ACTIVITY

In this activity the child will be creating their own mini Kingdom of Firs inside a snow globe. Try to get them to be as creative as possible in a small space. Include objects from indoors or outdoors that could represent different elements in their lives - things they love, things they need to survive, things that provide them with comfort and support and things that they would love to see in their world.

The equipment and instructions are inside their booklets, however you can also watch our 'how to' film to help you. Follow the QR code on the picture to access the films.

CONVERSATION STARTERS

Use these questions to help to guide the conversation whilst your child is taking part in the activity. The questions will allow you both to explore the theme further and relate the experiences of the animals and the environment in the story to their own lives and experiences.

★ **What do you love about your world? What would make it even better?**

★ **What things make up your world? What things are important?**

★ **What do you think that the different animals need to help them survive the snowy and cold environment in The Kingdom of Firs?**

★ **What do you think you have in common with the animals in terms of things you need to make you feel comfortable, safe and happy?**



QUEST 1



CHAPTER TWO

Fur, Feathers & Fun



Nova felt a snowflake land on her nose. She looked up to see thousands of feather-light fragments of snow drift down from the dark sky. She shivered. Badger shook the flakes from her thick, bristly coat, and stepped out from the entrance of her Sett.

Suddenly more commotion appeared from the base of Old Red's trunk as two small badger cubs somersaulted and bounded out from the hole, landing on top of Badger and squishing her flat into the snow! OOOOOOFFFF!

"GGGRRRRRR ... Scoop, Digger, you mischievous little cubs!", growled Badger through a mouthful of snow!

Nova tried to suppress a smirk, but caught the twinkling eye of one of the cubs and a loud snort of laughter escaped from her mouth! She recovered quickly, "So sorry Badger, let me help you up". She reached out her gloved hands and helped badger get back on her paws. The two cubs tumbled off their mother into the snow, giggling as they went.

Badger turned to Nova and Robin, again shaking off the fresh clumps of snow from her fur. "Well, Scoop and Digger know how to make an entrance, don't they!?", she said, rolling her eyes.

Gently she nudged the two cubs with her nose, an affectionate smile began to spread across her face. "Meet my cubs". The two identical black and white cubs grinned widely at everyone.

Then, once again there was a burst of action as the cubs raced off and began chasing each other around and around the trunk of Old Red. It was a dizzying sight! "Tag, you're IT!", shrieked one of the cubs to the other.

Old Red chuckled to himself, "Well, I guess that is one way to stay warm!" He looked over at Nova. "You look cold, Nova, maybe you should join in the fun? Running and jumping around gets the blood circulating around our bodies and helps to keep us warm. Not only that, but it boosts the happy chemicals in our body. I wish I could join in with the cubs rather than being rooted to the ground!"

SPPPLAT! Nova put her hand to her wet, crunchy hair and felt the remains of a snowball which had just whizzed out from behind the tree. She felt some icy water trickle down her head. A cheeky little black and white face peered from round the edge of the trunk. She looked at their thick, furry coat which covered their bodies offering a warm and waterproof layer with envy. Her coat was cosy, but how she wished she'd packed her woolly hat to keep her head warm. Her granddad was always telling her to pull on a hat and coat and to get outside. "It's good for your health. I was out in all weathers when I was a boy and look how fit and healthy I am now!", he would say.

She wrapped her scarf up round her head to form a hat, grabbed a clump of snow, and with one swift movement darted towards the playful cubs with laughter filling the air.

NOW FOLLOW THE INSTRUCTIONS ON THE NEXT PAGE AND IN YOUR CHILD'S BOOKLET TO COMPLETE QUEST 2.

CHAPTER 2: THEMES TO EXPLORE WITH YOUR CHILD

- ★ This activity is about understanding why physical activity and play is so important to our health, both physically and mentally.
- ★ Staying active, even in the cold winter months means that we give our bodies the best chance to feel great, even when germs and viruses are lurking around every corner.
- ★ As well as generally improving our fitness and energy levels, the more active we are the better it is for our metabolism which controls our body fat levels and the way we digest and manage food in our bodies. Being active also exercises our heart and lungs and helps to pump oxygen to our brain to improve focus, clarity and our ability to sleep well.
- ★ Getting outdoors and playing or exercising is also fun and supports social development as well as spreading important mood boosting chemicals called endorphins around our body.

BOBBLE HAT ACTIVITY

In this activity your child is going to create their own bobble hat by making a pom pom to sit on its crown. They may need support with this activity as it involves cutting out templates and simple sewing. They can also use their yarn to stitch decorations onto their hat, if they wish. Then encourage them to pop on their hat and get outside to have a go at the scavenger hunt included in their booklet. Go on an adventure and have fun!

The equipment and instructions are inside their booklets, however you can also watch our 'how to' film to help you. Follow the QR code on the picture to access the films.

CONVERSATION STARTERS

Use these questions to help to guide the conversation whilst your child is taking part in the activity. The questions will allow you both to explore the theme further and relate the experiences of the animals and the environment in the story to their own lives and experiences.

- ★ How does your body feel when you have been active or exercised?
- ★ How do you think your body benefits from being active?
- ★ What can you do to stay active in the winter months when it is cold?
- ★ How does playing with family and friends make you feel?
- ★ What games can you think of to try outdoors on cold or wet days?



QUEST 2



CHAPTER THREE

Nuts, Seeds & Berries



Nova had played with the cubs for a good hour. It was so much fun, but she was beginning to feel tired. She stopped to catch her breath.

RUMBLE RUMBLE...goodness, was that her tummy?! Old Red chuckled, "Nova, I could hear that noise from over here! You must be hungry after all that gallivanting around!".

Nova felt her tummy gurgle again. She didn't get to finish her bowl of soup and she was starving! Robin hopped over to Nova. "I'm guessing you are a bit peckish?" Nova nodded. "Winter is a tricky time for finding food in the forest. We have to prepare in advance to make sure we have enough good, healthy food to survive these harsh months. Often the trees are bare apart from a few berries, and the floor is covered with snow, so it is not easy to find food on the ground. Instead, we gather up nuts, seeds and more in the autumn and store them somewhere dry and safe; like in a cupboard in your kitchen. We focus on eating foods which are rich vitamins, fats and proteins which help us to feel full for a long time, give us energy to stay warm and active and stop us getting ill."

DONK! Something small and hard bounced off Nova's head. She looked up in surprise to see a red, bushy squirrel looking down from her from a tree above, with another small bird perched next to it! "Have a nut!", chirped the squirrel. "They are hazelnuts, my favourite!"

The squirrel scampered down the tree trunk to the floor and the small bird scuttled down behind. "I'm Rusty and this is my friend Twitch – she's a Nuthatch. We're both totally nuts about nuts! I've got millions of nuts and seeds in my store, so eat up if you are hungry!"

Nova picked up the smooth, brown hazelnut that had bonked her on her head. "I don't have anything to crack it open?", she said to Rusty and Twitch. Twitch jumped forward. "It's easy!", and with one swift movement Twitch cracked the hard shell open with her pointy beak. "See?", she said with a grin.

Nova nibbled on the delicious round nut. Squirrel and Twitch got to work rolling and cracking open ten nuts and feeding them to Nova. She felt so much better.

Robin hopped over. "Personally, I prefer the seeds from a pine cone or the berries from a holly bush – delicious and full of vitamins. But my absolute favourite is a nice, juicy worm! Pretty difficult to find at this time of year, though." Nova screwed up her nose in disgust at the thought of eating a long, wriggly worm.

Robin continued, "We need all the help we can get at this time of year, Nova. Eating well helps us to feel energised and alert so we can get things done, it fuels the fire in our bodies to keep us warm, and it makes us feel satisfied and calm especially at bedtime. However, food is scarce in the winter months, so humans can help to support us wild creatures too, like filling up bird-feeders or planting berry-rich plants and trees in gardens and parks."

Nova looked at all the animals in front of Old Red, each with their own unique and amazing qualities. She was so grateful for their help and friendship. "I'd love to help you all!", she exclaimed.

NOW FOLLOW THE INSTRUCTIONS ON THE NEXT PAGE AND IN YOUR CHILD'S BOOKLET TO COMPLETE QUEST 3.

CHAPTER 3: THEMES TO EXPLORE WITH YOUR CHILD

★ This activity encourages us to think about the importance of a healthy, balanced diet and how our needs change depending on the season or how we feel. It allows us an opportunity to discuss how different foods and drinks make us feel, how they affect our body and mind, and improvements we could make to our diets or our relationship with food.

★ It also helps us to consider the world around us, how we can help wildlife throughout the harsh winter months when food is scarce.

★ Finally, the activity encourages us to think about reducing waste and using up food scraps to help to save money and the planet.

BIRD FEEDER ACTIVITY

In this activity your child will be creating a tasty treat for the birds, by creating a bird feeder from a pine cone. They will be mixing healthy fat and seeds together to provide birds with all the essential nutrients they need to stay healthy and strong over the winter months. Once finished hang it up outside a window, in a garden or balcony, or take a walk to your local park or woodland and hang it on a branch for the birds to enjoy. Keep note of the variety of birds you spot.

The equipment and instructions are inside their booklets, however you can also watch our 'how to' film to help you. Follow the QR code on the picture to access the films.

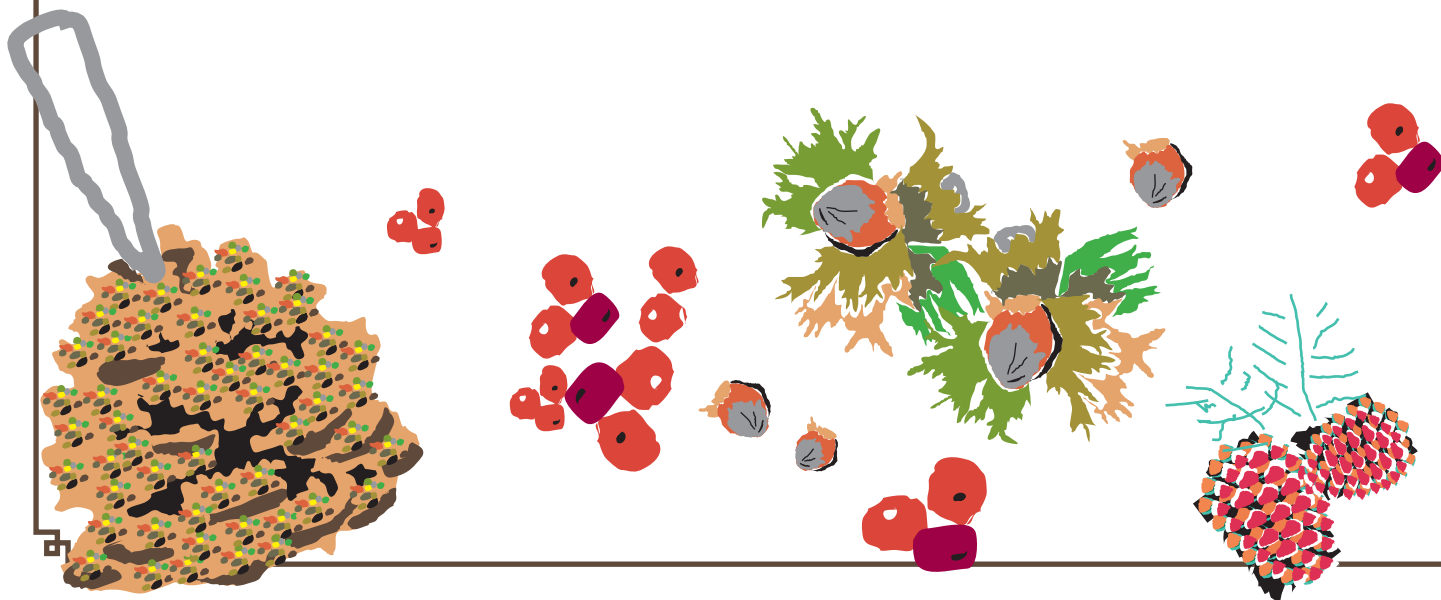
CONVERSATION STARTERS

Use these questions to help to guide the conversation whilst your child is taking part in the activity. The questions will allow you both to explore the theme further and relate the experiences of the animals and the environment in the story to their own lives and experiences.

- ★ What foods make you feel strong and healthy?
- ★ Why do we need to eat a balanced and healthy diet?
- ★ How does it make you feel when you have eaten well?
- ★ How do you feel when you haven't eaten enough?
- ★ What things can you do to help other people?
- ★ How does it make you feel when someone helps you or you help someone?



QUEST 3



CHAPTER FOUR

Sleepy, starry nights



"I wonder what the time is?", Nova thought to herself. She must have been in The Kingdom of Firs for hours now, or maybe days! She had no idea. She had left her watch at home and she was having so much fun that she had lost track of time completely. The inky darkness of the place was disorientating and it felt like it would always be the middle of the night here.

They had left Old Red a while ago, said their goodbyes and thanks, and decided to explore the rest of the forest with the Badgers, Rusty and Twitch for guides. Together they discovered colourful mushrooms and toadstools on rotten old logs, collected fir cones and feathers which Nova sneaked into her bag as mementos, and examined their wobbly reflections in the thick, icy top of a small pond in the centre of the forest. The place was enchanting, a real treasure trove that delighted all the senses. The cubs were still full of energy, darting between trees playing hide and seek. Just looking at them made Nova suddenly feel exhausted. She opened her mouth wide like a lion and let out a great big yawn. The noise made the cubs jump and roll onto one another, straight into a pile of old, crinkly leaves in a snow-free patch underneath an oak tree.

The leaves sprayed everywhere, scattering red, brown, orange and yellow patches across the white snow. One of the small remaining clumps of leaves next to Scoop's left leg began to rustle and jiggle about. Then, a small pink nose popped out from behind one particularly red leaf, followed by long thread-like whiskers, and two little beady eyes.

"Good morning", said the little Dormouse, rather sleepily whilst rubbing its eyes with its tiny brown paws. "Or is it the afternoon?", the Dormouse continued with a giant yawn. "It can't be spring yet, surely? It only feels like I've been asleep for a week. YAAAAAAWN!" Twitch flew over to the Dormouse and chirped merrily, "Oh Blinky, you silly, snoozy thing. It's evening, and, without a doubt, still winter. Can't you see all the snow around us and the full moon? The cubs landed on your nest and woke you up from your slumber."

Blinky slowly shuffled out from underneath their blanket of leaves. "I was just having a lovely dream where I was feasting on a mountain of delicious bramble flowers. Hmmmmmm DEEElicious!" Blinky closed their eyes again with a dreamy smile forming across their face. "Eh-hem", announced Rusty loudly. "Blinky, try to stay awake more than one second if possible! We have a friend you should meet. This is Nova." Rusty pointed towards Nova and encouraged her to move forward.

Nova bent down low to say hello to the tiny dormouse. "I'm so sorry we've ruined your lovely nest", said Nova to Blinky. "Can we help you put it back together? It looked like it was very cosy." Blinky looked over at the now flattened nest of leaves that was once a wonderful, warm and secure bed. "Oh, yes please! That would be very helpful. You see, I'm a Dormouse and I'm meant to be hibernating over the winter months to make sure that I have the energy to grow, thrive and be strong in the spring. Sleep is one of the most wonderful things!"

"You sleep all winter long?!", Nova exclaimed incredulously. "I'm a terrible sleeper. I find it so hard to get to sleep at night, it can take my mind a long time to settle down and relax", Nova confided. "Especially when I'm worried or excited about something. I'm so jealous of your sleeping skills, Blinky."

Rusty joined Blinky and Nova. "Many of the animals and plants in the woods hibernate over the winter. Some for short periods of time, others like Blinky, for long stretches. Sleep is so important for us to allow our bodies to repair and grow, for our minds to rest and feel at ease, and for us to feel ready and prepared to face any challenge or achieve great things when we are awake. When I don't get enough sleep, I feel really grumpy or sad, but when I've had a fantastic rest, I feel I can do anything!", explained Rusty.

Nova carefully began to scoop up handfuls of crispy leaves and whispered to Blinky, "I'm feeling so tired, I'd love you to give me some sleeping tips, Blinky. You seem to be an expert, after all!" Nova settled her head down on the bed of leaves next to Blinky and listened to them chatter. Gradually, she felt her eyes become heavy and she drifted off into a deep sleep.....

NOW FOLLOW THE INSTRUCTIONS ON THE NEXT PAGE AND IN YOUR CHILD'S BOOKLET TO COMPLETE QUEST 4.

CHAPTER 4: THEMES TO EXPLORE WITH YOUR CHILD

- ★ This activity is about helping your child to understand the importance of good sleep and how sleep affects our ability to function effectively.
- ★ The hibernation process many animals go through during the winter months highlights the importance of sleep to conserve energy and to help us to grow, thrive and achieve.
- ★ The activity also allows us to consider the process of getting to sleep, feeling relaxed and comfortable so we are able to drift off to sleep easily without a mind full of worries or energy.

SLEEP CHARM activity

In this activity your child will be creating their own sleep charm or sleep mandala which is a tool which can be used to help to focus the mind prior to sleep. The hanging charm includes non-toxic, natural mineral-based resin to form the main body of the snowflake. There are also a number of craft items which can be used to decorate the charm, but also are renowned for their sleep-inducing qualities. Moonstones promote peace. Jasmine flowers and amethyst stones encourage good sleep and relaxation. And the gold and silver will help the charm to reflect and dance light and sparkle around the bedroom.

Don't forget, it is also great to head outdoors and collect other natural items which could be embedded into the resin. Pine needles are also great for sleep, or maybe include some lavender or anything else that the child finds which is comforting - a feather, a smooth stone etc. Be creative!

The equipment and instructions are inside their booklets, however you can also watch our 'how to' film to help you. Follow the QR code on the picture to access the films.

CONVERSATION STARTERS

Use these questions to help to guide the conversation whilst your child is taking part in the activity. The questions will allow you both to explore the theme further and relate the experiences of the animals and the environment in the story to their own lives and experiences.

- ★ How do you feel after a good night's sleep?
- ★ How does it affect your body?
- ★ How much sleep do you think you need to feel healthy, happy and ready to do your best?
- ★ What happens when you don't get enough sleep or feel tired?
- ★ What sort of things can you do during the day to help you sleep better at night?
- ★ How can you help yourself to feel relaxed at bedtime?



QUEST 4



CHAPTER FIVE

Home sweet home



Nova felt a streak of warmth on her cheek and then a bright laser of sunlight shine sharply through the pink of her closed eyelid.

She rubbed her eyes with the back of her hands and sat up, slowly opening her eyes. Instantly she recognised the yellow walls, the fluffy blanket on her bed and her favourite old teddy tucked up to one side.

She shook her head in confusion. The snow. Where was the snow? And the forest? She stood up and shuffled sleepily over to her window. The sun was streaming across the clear, blue sky. Frost covered the ground. Was she dreaming? It all felt so real?

Nova looked down at her clothes. She was still wearing her blue jeans and purple jumper from the day before. Her stripy gloves were still covering her hands.

On the floor beside her bed was her rucksack, wide open with pine cones, feathers and some hazelnuts spilling out onto her carpet. And next to them was the map.

Nova smiled, a smile of relief. It wasn't a dream.

She placed her treasures on her shelf, zipped up her bag ensuring the map was carefully tucked inside, and raced downstairs for breakfast. She was starving and she couldn't wait to get outside to see what adventures the day would bring.

THE END





THANK you

for joining Nova and Robin on their adventure across The Kingdom of Firs. We hope you and your child had a wonderful time meeting Rusty, Twitch, Old Red, Blinky, Scoop, Digger and Badger, and all the other characters that live in this magical land.

If you would like to continue your journey through The Kingdom of Firs, remember to scan the QR code below, and you can access more films, activity ideas and recipes for free on our Mywildia Online Hub!

If your child enjoyed this kit and would like to continue their journey across Mywildia with Nova and Robin, then check out our website www.wildforlife.co.uk to find out more about the other quests in this series that are planned for the future and our other ranges of kits for primary-aged children and families.

Finally, we love to see all the things that you have made and to learn about how they have helped you. Send us your pictures or an email to:

info@wildforlife.co.uk

see you SOON!

