

In *Sleeping Beauty*, the princess has a spell put on her that makes her stay asleep for a hundred years. In real life, spells that are placed on people with the intention of causing them harm are called curses.

Curse Facts

Belief in curses used to be very common in times past and many cultures believed in their power. Historically, they have been used for revenge and to protect homes, buried treasures and burial sites. Some people believe that curses can become effective immediately, or that they may lie inactive for many years. Others believe that curses laid on families can last for generations.

There are supposed to be many different ways to place a curse. Some believe that just speaking the words of a curse or writing them down is enough. Others make an image of the person they want to curse and write the curse on it, sometimes even sticking pins into it.

A few hundred years ago witches were often accused of laying curses. If someone's crop failed, an animal became ill or died, local old women were blamed. In tribal societies, witch doctors were also believed to be able to curse people.

There is no scientific proof that curses really work. However, doctors do think that if someone really believes they are cursed, what they think might happen to them actually does start to happen! So if a man is told by a witch doctor that he will die, he may be so sure that this is about to happen that he ends up wasting away!

Did You Know?

There is supposed to be a curse on American presidents that was placed in 1813 by a native American chief called Tecumseh. According to the curse, any president elected in a year that is divisible by 20 (such as 1840, 1920 or 1960) will die while in office.

Under the curse, seven US presidents have so far died in office: William Henry Harrison (elected 1840), Abraham Lincoln (elected 1860), James Garfield (elected 1880), William McKinley (elected 1900), Warren G Harding (elected 1920), Franklin D Roosevelt (elected 1940) and John F Kennedy (elected 1960). In addition Ronald Reagan (elected 1980) had a near miss when he survived an assassination attempt.

Curse





urses

Curses can be placed on non-living objects as well. Many famous jewels are said to be cursed, including the Hope Diamond, and legend suggests this was taken from the eye of a powerful Indian idol.

It is commonly believed that most Egyptian tombs and pyramids were protected by curses that could bring danger and destruction to anyone who dared to enter them. The truth, however, is that ancient Egyptians rarely used curses to protect their tombs and, even when they did, it was only in an attempt to scare off tomb robbers (and it never worked!).

However, Egyptians did use curses against enemies and traitors, whose names were written on clay pots, tablets, or figurines of bound prisoners. These objects were then burned, broken, or buried in cemeteries, in the belief that this would weaken or destroy the enemy.

The most famous ancient Egyptian curse is that of King Tutankhamun. Although Tutankhamun's curse has been proved to be a myth, many people still believe in it today. Another legend that has been disproved is the belief that the *Titanic* sank in 1912 because there was a cursed Egyptian mummy on board.

Some travellers also claim to be able to lay curses on people who have done them harm; the Bishop of Oxford exorcised Oxford United's new Kassam Stadium because it was believed that a curse was responsible for the team only winning two matches there. Travellers were said to have lived on the land and to have cursed it when it was sold to Oxford United. The team's first result after the exorcism was a 2-2 draw!

Shakespeare's play, *Macbeth*, is said to have a curse on it, causing mysterious and horrible things to happen during many of its productions. Many actors will refuse to utter the word 'Macbeth' inside a theatre, referring to it instead as 'The Scottish Play'.

Some people believe that movies can be cursed as well! A whole host of films including *The Amityville Horror*, *Twilight Zone: The Movie*, *Poltergeist*, *The Crow*, *The Exorcist* and *Rosemary's Baby* are believed to have been cursed because so many things went wrong when they were being made, including deaths among the crew and cast involved.

Nick Hobbes
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Sleep



In *Sleeping Beauty*, the princess has a spell put on her that makes her sleep for a hundred years. Of course, no real person is ever likely to sleep for that long, but did you know that the average human being is likely to sleep for at least 20 to 30 years during his or her lifetime?

Not convinced? Well, think about it. Most of us sleep about eight hours a night; that's a third of each full day. So, if someone lives until the age of 70 they will spend a third of their life asleep 205,000 hours or 23 years asleep to be exact! No wonder there never seems to be enough time to do everything!

Facts About Sleep

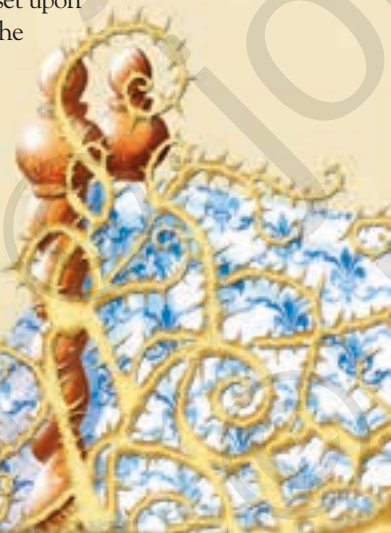
- The longest anyone has stayed awake without sleep is an astounding 18 days, 21 hours and 40 minutes during a rocking-chair marathon. As a result, the record holder reported having hallucinations, paranoia, blurred vision, slurred speech, and memory and concentration lapses.
- If you think you can tell someone is asleep just by looking to see if their eyes are closed, you are wrong. People can actually fall asleep with their eyes open without even being aware of it! Only a medical expert with the right equipment can be 100 per cent sure that someone is asleep and not just pretending to be.



- One study in 1998 found that shining a bright light on the back of someone's knees can radically affect the brain's sleep clock. No-one knows why!
- Having a new baby typically results in 400–750 hours of lost sleep for parents in the first year!
- On average, a cat sleeps for twelve hours a day, a dog for about ten and a half and a giraffe for about two!
- No-one knows for sure if animals dream, but some do have sleep cycles similar to humans. Elephants can sleep standing up, but they lie down when they are dreaming!
- A snail can sleep for three years in one go!
- A person will die quicker from total lack of sleep than from starvation. Death will occur after about ten days without sleep, while starvation takes a few weeks.

- The writer Charles Dickens was an insomniac; he believed his best chance of sleeping was in the centre of a bed facing directly north!

- The phrase 'sleep tight' originated when mattresses were set upon ropes woven through the bed frame. To remedy sagging ropes, one would use a bed key to tighten the rope.
- You burn more calories sleeping than you do watching TV!



What Happens When We Sleep?

We usually think of sleep as like switching off a light: we go off to sleep, and then wake up again hours later, with nothing much happening in between. In fact, the truth is very different.

For starters, sleeping doesn't mean lying still. The average person moves around between 40 and 50 times a night!

Also, a lot is going on in our bodies when we sleep. Muscles tense and relax; our heart rate, temperature and blood pressure rise and fall; the brain remains active and chemicals course through the bloodstream.

We also undergo several different types of sleep each night. The main division is between REM sleep and non-REM sleep. REM stands for Rapid Eye Movement, and in this type of sleep our eyes move around very fast behind our closed eyelids. This is the time when we have all those weird and wonderful dreams (or nightmares!). Dreams can also occur in non-REM sleep, but these are usually far less memorable. About a quarter of our sleeping time is spent in REM sleep.

The most important type of non-REM sleep is deep sleep, during which we are most at rest and our bodies get thoroughly refreshed and recharged. Up to half our sleeping time is spent in deep sleep.

Instead of following one after the other, the different types of sleep alternate during the night in periods of about 90 to 100 minutes each. Both types of sleep are vitally important, and missing out on them can cause many problems.

Snoring usually only occurs during non-REM sleep.

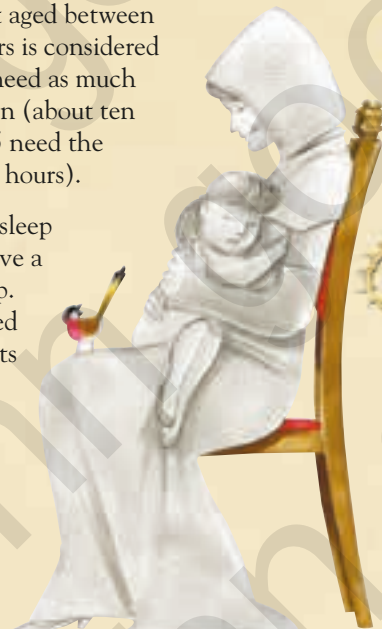
How Much Sleep Do We Need?

Babies need the most sleep – up to 18 hours a day! For the average adult aged between 25 and 55, eight hours is considered the best. Teenagers need as much sleep as small children (about ten hours); those over 65 need the least of all (about six hours).

In fact, according to sleep experts, teenagers have a rough time with sleep.

Not only do they need more sleep than adults or younger children, but their own body clocks also tend to keep them awake later in the evening and keep them sleeping later in the morning. This can obviously be a problem, as many schools begin classes early in the morning, when a teenager's body wants to be asleep. As a result, many teens come to school too sleepy to learn, through no fault of their own! So if you are, or know, a teenager who is having trouble getting to school on time or feels drowsy in lessons, you can now smugly tell teachers (and parents) that the human biological clock is to blame and not just laziness!

Nick Hobbes
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A is the
*A*nnouncement from a
joyful King and Queen
That at last they have a *B*aby, the
*B*onniest you've seen.

C is for the *C*hristening, a fabulous affair and
D the *D*roves of happy guests,
*D*elighted to be there.

E is the *E*xception, the one they
couldn't find
Amongst the *F* for *F*airies, let's
hope she doesn't mind...

G are the *G*orgeous *G*ifts they bring to fête the young princess
Beauty, personality and lasting *H*appiness.

*I*n comes the slighted fairy with an evil *I*ncantation
dispelling all the *J*oy and creating consternation.

*S*he condemns the girl at sixteen upon a spinning wheel to prick her pretty finger,
Which will her lifeblood steal. The guests are stunned but,
*H*appily, there's one last fairy who has not bestowed her christening gift
And now steps forward too: "I cannot stop this curse,

*B*ut the princess will not die but sleep a hundred years until a prince is passing by
And, braving many dangers, he'll find our lovely miss and fall in love
And wake her with a single loving *K*iss.

*L*ove is the *L* to conquer all, despite this wicked *M*agic,
The happiness is just postponed – the ending won't be tragic.
The King orders all *N*eedles to be banished from the land; Alas!

The curse must be fulfilled – the princess pricks her hand,
She's hardly time to cry out 'Ow!' before she falls asleep...
And all those in the **P**alace in a slumber very deep.
Long years pass and many hopeful princes try their luck taking
On The **Q** for **Q**uest, but mostly they get stuck
No **R** for **R**oses there, but **S**orrow born of malice
In a vicious hedge of **T**horns which grows up around the palace.
A hundred years have passed when another prince comes by
Old men call him **U**nwise to climb the thorny hedge so high,
But this young prince is **V**irtuous and **V**ery **V**aliant too;
He is prepared to risk his life, this strange princess to **V**iew.
The time has come, he's through the hedge
And finds the palace, roaring: "**W**akey, **W**akey, everyone!"
But all he hears is snoring. From King to cook and Queen to maid,
The fairy foretold this, that no-one should wake up before
That very special kiss. But oh the great e**X**citement
When the evil spell is broken, the prince and princess shyly share
Their new-found true love's token. He **Y**ields his loving heart to her
And she in modest way, says, "Welcome, sir,
Let's pledge our love and
Bury **Y**esterday! You are
The one the fairy told, it's in
Your **Z**odiac so everyone
Must celebrate –
We won't be
Looking back!"



Wicked Wordsearch

M S A Y T U A E B F E T S L O
O I P U A O I F X V F D P G Y
O K V I H C L L F W O D I G P
S I U H N W I P Y K R N N E T
K S Y B X N Q R T R E V D L B
E S H R T J I I C F S H L M R
S C S O I A L N Q P T L E N A
R Z E L O A I C G W M H F U V
U X L K E D F E E W S V L K E
C W T L J E L D P L H S U B Q
E D S T Z D P I O H K E A U I
R S A B W R S P I O R Q E P K
E N C H A N T E D L G E Z L W
A S V T I H A S J S N R O H T
H R E W O T G D N W T S V J M

The wicked old fairy has hidden 15 words vital to the story of *Sleeping Beauty* in this grid. They might run forwards, backwards, up, down or even diagonally! Using the list below, can you find them?

BRAVE
THORNS
PRINCE
BEAUTY

FOREST
ENCHANTED
SPINDLE
SPINNING WHEEL

CURSE
QUEEN
CASTLE
TOWER

KISS
SLEEP
GOOD FAIRY

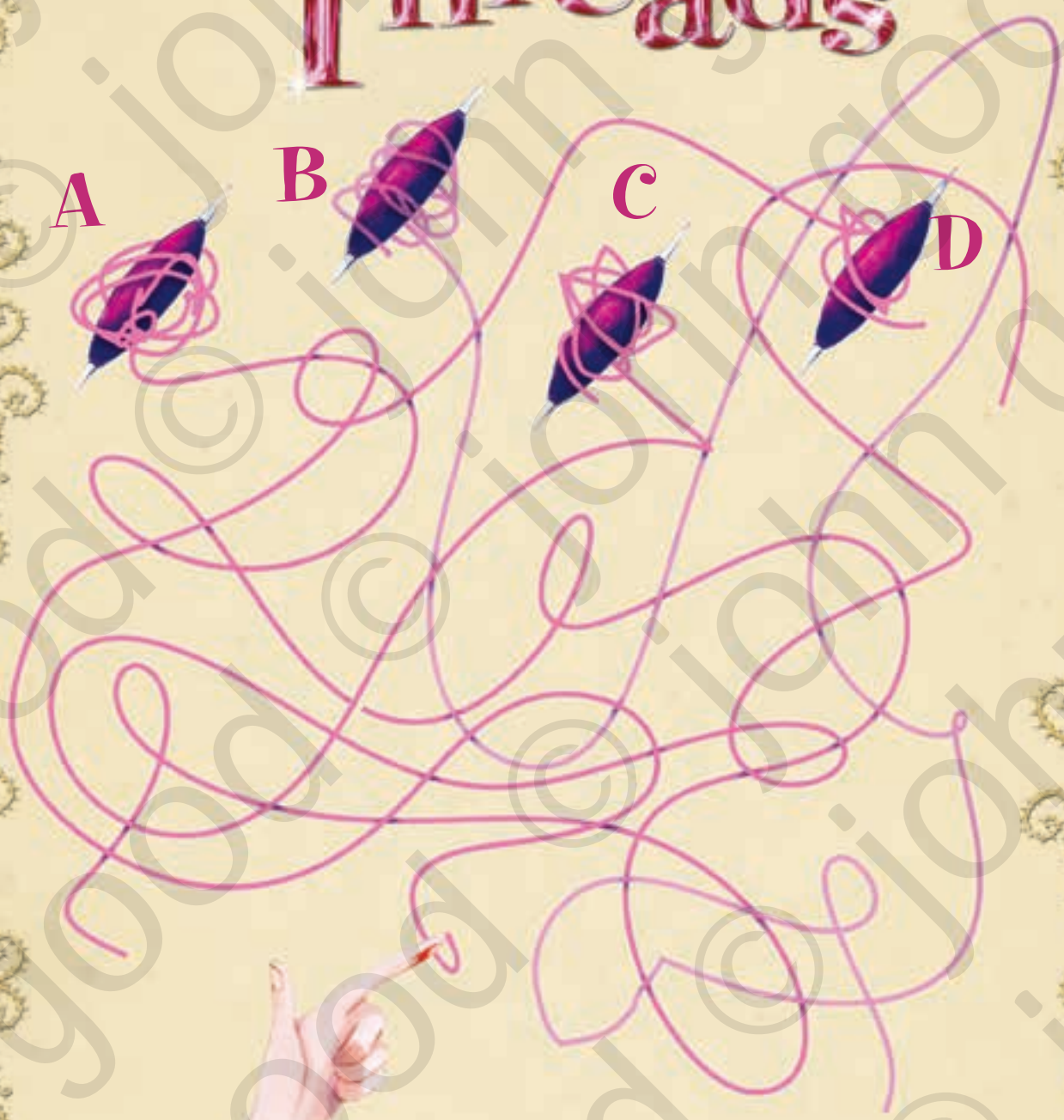
Tangled Threads

A

B

C

D



Can you tell which of these four spindles
Beauty has pricked her finger on?

Wood To Kiss

Can you change WOOD to KISS by changing one letter at a time, making a new word each time (e.g. changing the D of Wood for an L to make Wool). One of the good fairies has given you some clues to help.



W O O D

□ □ □ □

The evil fairy is often in a bad one

□ □ □ □

A cow does this

It's green and might grow on castle walls

□ □ □ □

Beauty's title before she gets married

□ □ □ □

K I S S

Word Pairs

The wicked old fairy has been up to her tricks again and is trying to spoil the story of *The Sleeping Beauty* by jumbling up some of the words. The words in the left hand column should be paired with the ones in the right hand column. Can you match up the pairs?



Thorny

Wheel

Brave

Spell

Magic

Fairy

Sleeping

Briars

Royal

& Queen

Good

Palace

King

Prince

Spinning

Beauty

Colour Me In



Spot The Difference



There are TEN differences between these two pictures.
Can you find them all?



Answers

Word Pairs

Thorny	Bricks
Brave	Prince
Magic	Spell
Sleeping	Beauty
Royal	Palace
Good	Fairy
King	Queen
Spinning	Wheel

Wood To Kiss

WOOD
MOOD
MOOS
MOSS
MISS
KISS

Spot The Difference



Wicked Wordsearch

M S A Y T U A E B F E T S L O
O I P U A O I F X V T D P G Y
O K V I H C L L F W O D I G P
S I U H N W I P Y K R N N E T
K S Y B X N Q R T R E V D L B
E S H R T J I C F S H L M R
S C S O I A L N Q P T L E N A
R Z E L O A I C G W M H F U V
U X L K E D F E E W S V L K E
C W T L J E L D P L H S U B Q
E D S T Z D P I O H K E A U I
R S A B W R S P I O R Q E P K
E N C H A N T E D L G E Z L W
A S V T I H A S J S Y R O H T
H R E W O T G D N W T S V J M

Tangled Threads



Answers

