

# CIRSES

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.

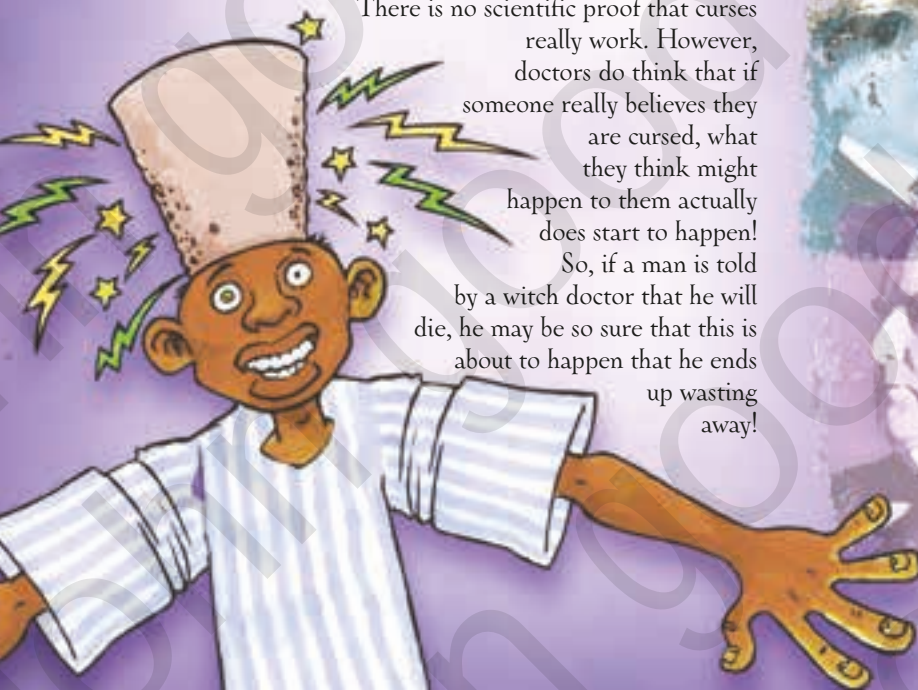
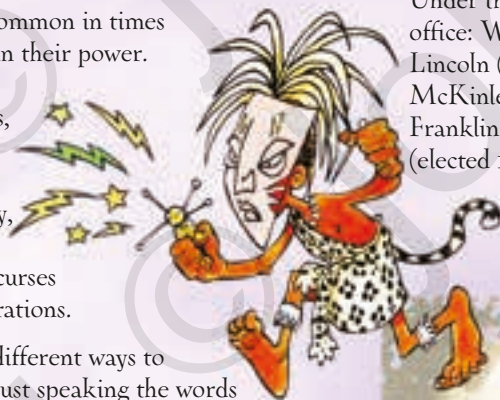
A few hundred years ago witches were often accused of laying curses. If someone's crop failed, an animal became ill or died, local old women were blamed. In tribal societies, witch doctors were also believed to be able to curse people.

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.



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.

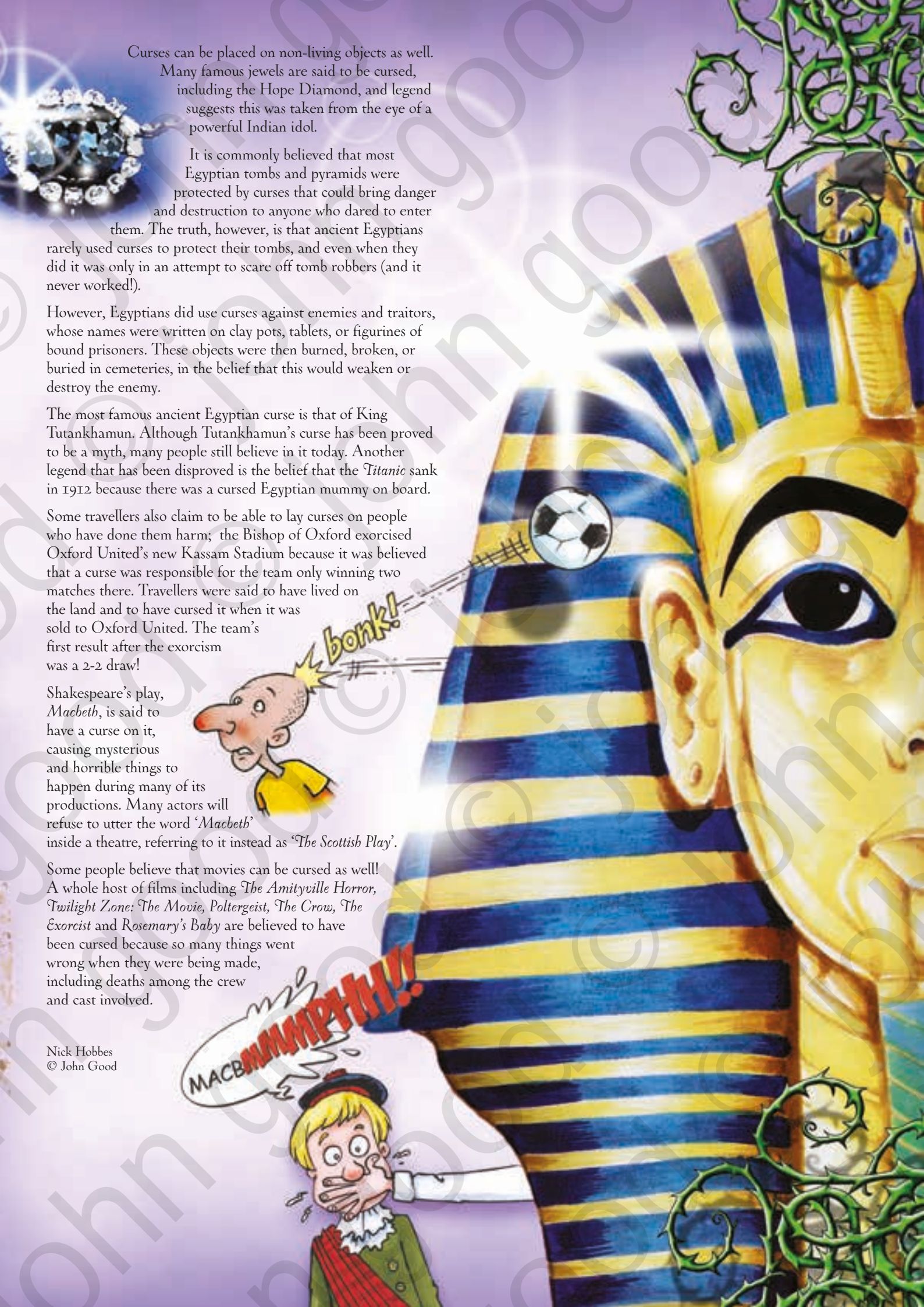
The most famous ancient Egyptian curse is that of King Tutankhamun. Although Tutankhamun's curse has been proved to be a myth, many people still believe in it today. Another legend that has been disproved is the belief that the *Titanic* sank in 1912 because there was a cursed Egyptian mummy on board.

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 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.

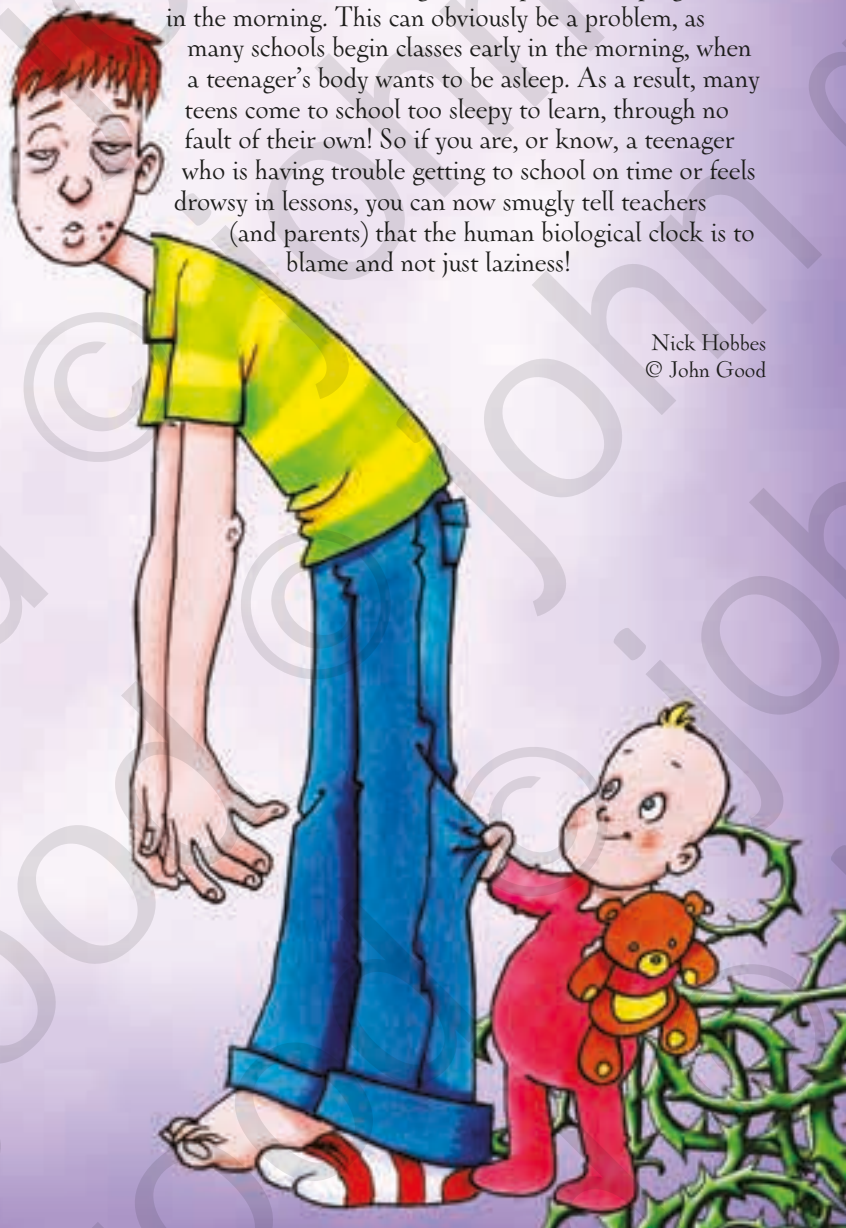



## HOW MUCH SLEEP DO WE NEED?

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!

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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.

She condemns the girl at sixteen upon a spinning wheel  
To prick her pretty finger, which will her lifeblood steal.

The guests are stunned but, happily, there's one last fairy who  
Has not bestowed her christening gift and now steps forward too:

"I cannot stop this curse, but 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 "*O*w!"  
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 **A**ccitement 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!”

Elaine Peake  
© John Good



# 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 I 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 I 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 I S N R O H T  
H R E W O T G D N W T S V I M

**T**he 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 *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?



# SKILFUL SPINNING

Can you tell what the palace seamstresses have been spinning? Each spinning-wheel contains an item of clothing. Unfortunately, they have been jumbled up! Unscramble the letters to find out what each item of clothing is.



Also, there is a hidden item in the central wheel. Each smaller wheel contains a coloured letter, which will spell out the nine-letter hidden word!

# SLEEPY SUDOKU

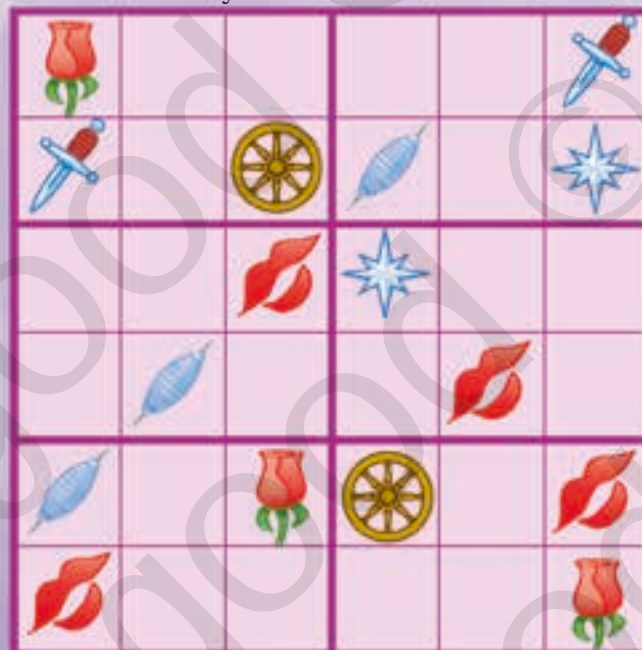
The fairy who is watching over Beauty is getting a bit fed up (after all, Beauty has been asleep for almost a hundred years!) So, she passes the time by creating SuDoku puzzles. But, to make things a little more challenging, she uses pictures instead of numbers!

The first one she made had 16 squares, divided into four smaller boxes of four squares each. The idea is to fill it so that every row and column of the large grid and every smaller 2 x 2 box contains each of the four different shapes—a rose, a star, a spindle and a kiss.



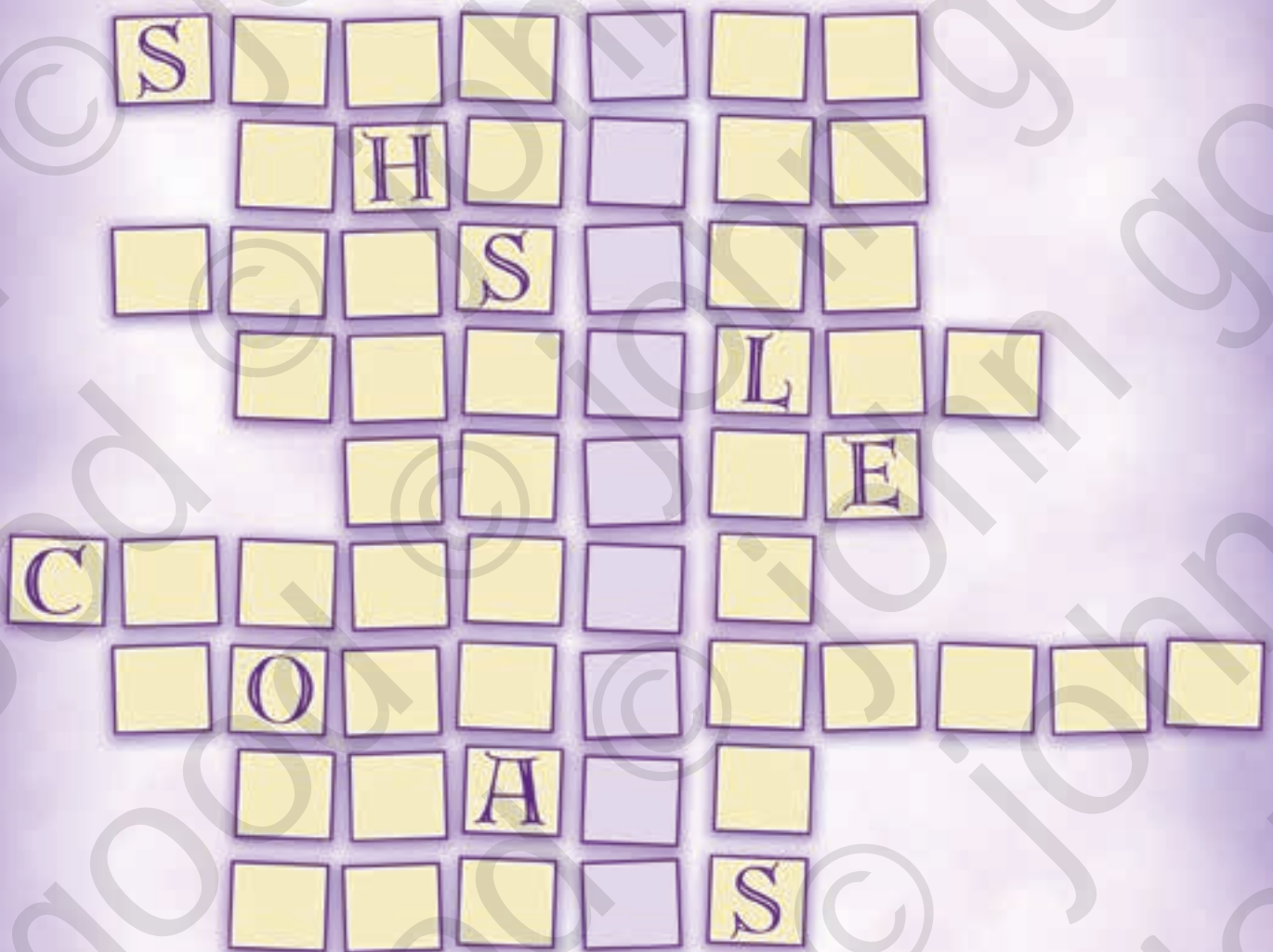
The next puzzle she made was even harder—remembering another two items, a sword and a spinning wheel, she made the grid bigger, so that each row, column and box has six squares.

See if you can do this one!

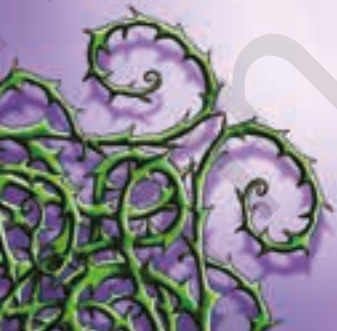


# AWFUL ACROSTIC

The evil fairy godmother is causing more mischief! She has hidden a name in amongst these other words. You will have to solve all the other clues to find the hidden word in the different-coloured squares!



1. Another word for deep sleep.
2. Brambles and briars are covered with these sharp points!
3. A nice thing you can do with your lips.
4. King and queens, princes and princesses are all this.
5. A magic spell designed to do only bad things.
6. Another name for a hundred years.
7. Beauty has three of these—but they're fairies!
8. A party with loads of food.
9. Bright scented flowers with clue 2!



# BRIARS & BRAMBLES

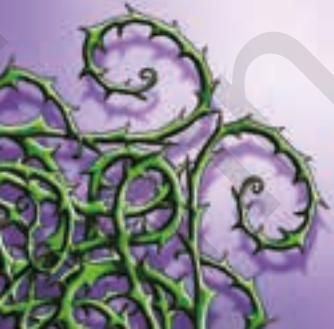
Can you help the Prince find his way to the castle?





# CREATE YOUR OWN FAIRY GODMOTHER

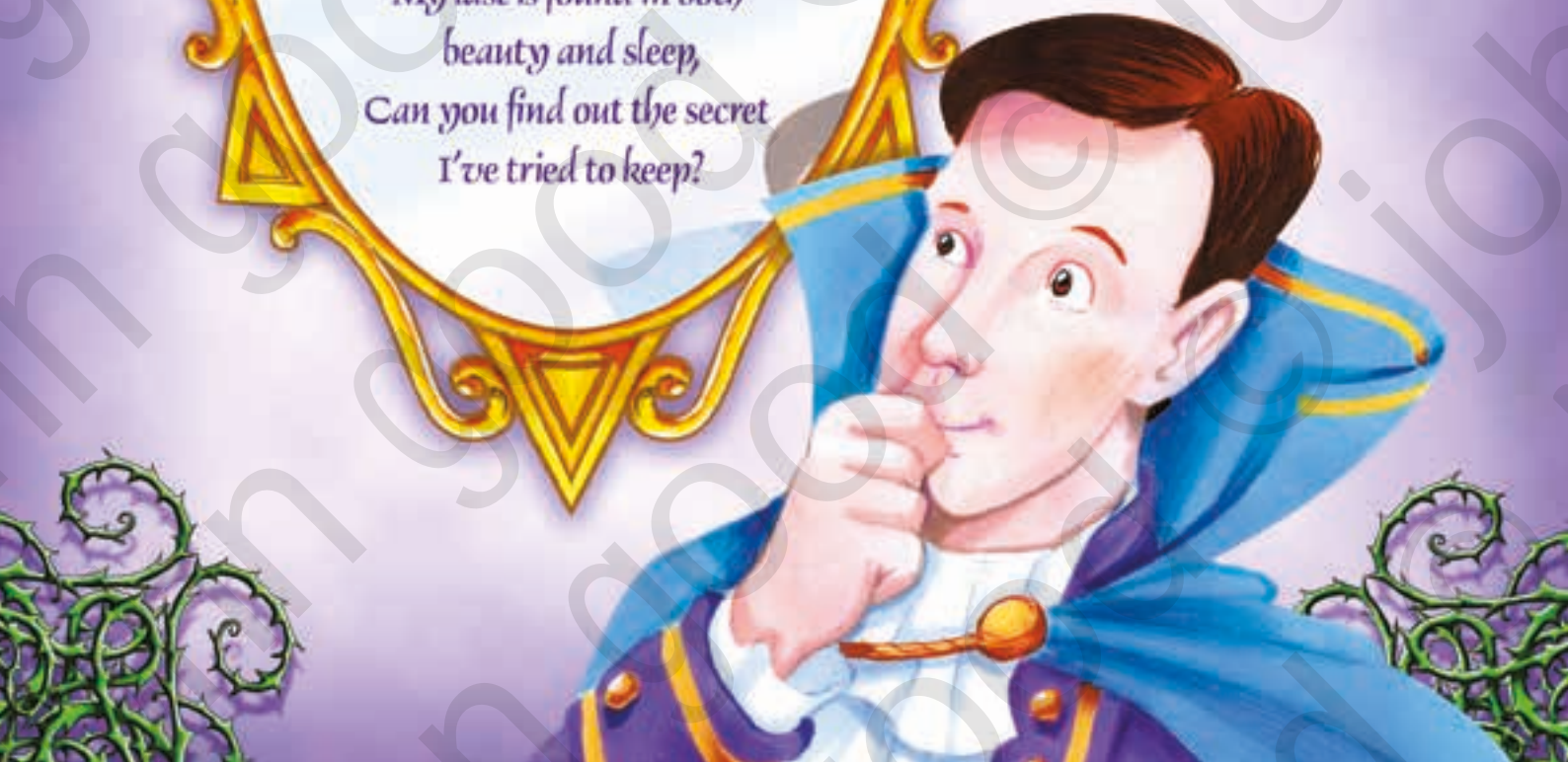
**T**ry copying the picture of the evil Fairy Godmother in the blank spaces—or even better—make up your own ideas on how an evil Fairy Godmother might look!



# WHO AM I?

**T**he Prince is the proud owner of a magic mirror. However, it doesn't always explain things clearly! Can you work out who the mirror is talking about?

My first is in  
bramble and also in briar,  
My second's in fairy and also in fire;  
My third is in king and princess,  
as you'd suppose,  
While fourth is in daisy, not violet or rose.  
My fifth is in Prince, Marquis and Earl,  
My sixth is in emerald, ruby and pearl;  
Seventh is found in forest and thorns  
And eighth is in snoozes,  
dozes and yawns!  
My last is found in both  
beauty and sleep,  
Can you find out the secret  
I've tried to keep?



# ANSWERS

## SKILFUL SPINNING

From the top, clockwise  
**GLOVES, BLOUSE, JACKET,**  
**MITTENS, SWEATER, PYJAMAS,**  
**SCARVES, CARDIGAN,**  
**TROUSERS**  
 The hidden word is:  
**WAISTCOAT**

## WICKED WORDSEARCH



## SLEEPY SUDOKU



## Who Am I? BRIAR ROSE

## WOOD TO KISS



# ANSWERS

## AWFUL ACROSTIC

S L U M B E R  
T H O R N S  
K I S S I N G  
R O Y A L T Y  
C U R S E  
C E N T U R Y  
G O D M O T H E R S  
F E A S T  
R O S E S

## WORD PAIRS

THORNY BRIARS  
BRAVE PRINCE  
MAGIC SPELL  
SLEEPING BEAUTY  
ROYAL PALACE  
GOOD FAIRY  
KING & QUEEN  
SPINNING WHEEL

## TANGLED THREADS



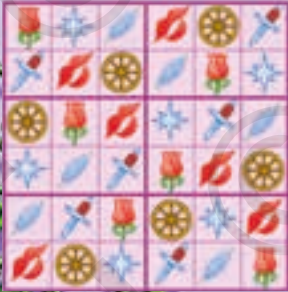
## BRIARS & BRAMBLES





# ANSWERS

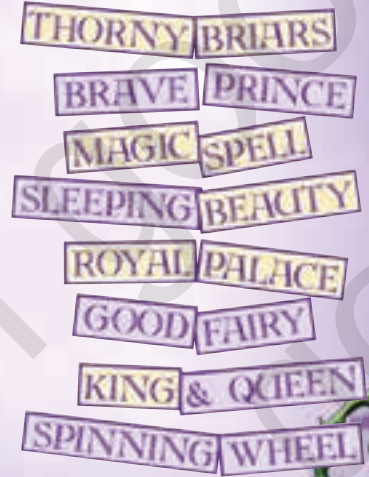
## SLEEPY SUDOKU



## WOOD TO KISS



## WORD PAIRS



WHO AM I?  
**BRIAR ROSE**