

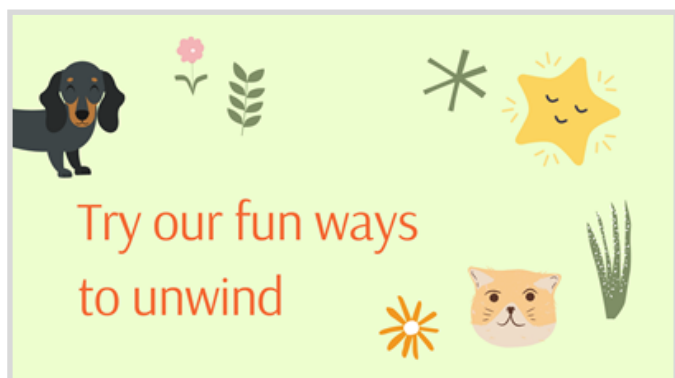
# TO DO: SLOW DOWN TIME

## A MONTH OF HOLIDAY IDEAS

GEE LONG  
REGIONAL  
LIBRARIES



Take some time out of your busy life and discover how to *Slow Down Time* these holidays.



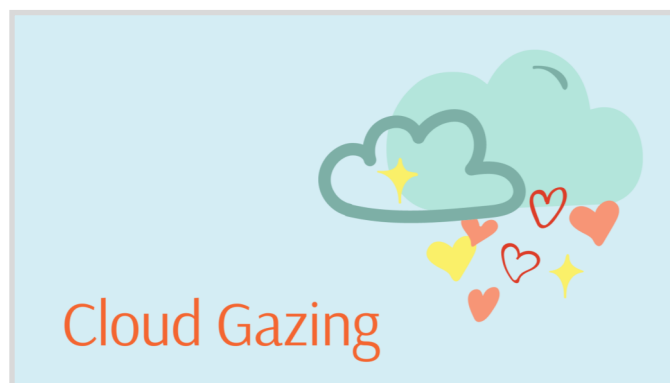
### WAYS TO UNWIND

Take inspiration from us and use these activities to help you relax and enjoy the little things in life.

### CLOUD GAZING

Find a comfortable place to lie down, relax and gaze at the clouds as they float by.

What do you see? Is it the same as the friends and family who are with you?



### FOLLOW AN ANT TRAIL

Look around the garden and see if you can find a trail of ants.

Follow them - who knows where they will go?

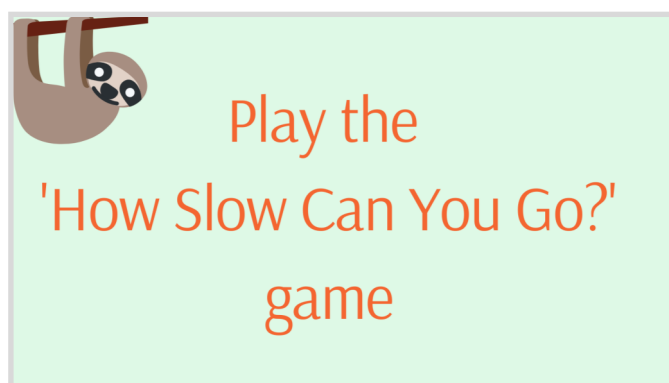


### PLAY THE 'HOW SLOW CAN YOU GO?' GAME

Set up a Start and Finish line (make them fairly close together).

Find some people to join you in the 'race' to be the slowest mover. Yes, that's right!

See who can take the longest time to make it from start to finish. No stopping!



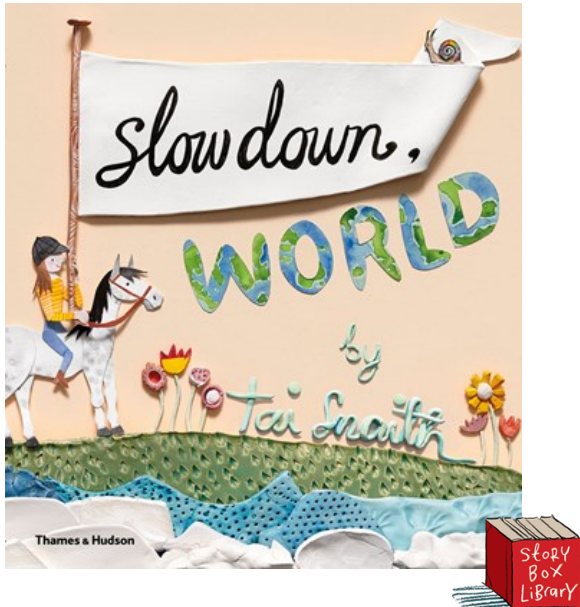
# TO DO: SHARE STORIES

## A MONTH OF HOLIDAY IDEAS

GEELONG  
REGIONAL  
LIBRARIES



We've selected three of our favourite 'slowing down' stories to share with you. Click on the images below and enter your library card number to view the videos on Story Box Library.



**READ:** Slow Down, World

**AUTHOR:** Tai Snaith

**ILLUSTRATOR:** Tai Snaith

**PERFORMED BY:** Emily Zoey Baker

**PUBLISHER:** Thames & Hudson Australia

*Sometimes life can seem so busy.*

*We are always told: Quick! Hurry! Faster!*

*With the world whizzing past, how often do we stop, look and appreciate the world around us?*

**READ:** The Sloth Who Came to Stay

**AUTHOR:** Margaret Wild

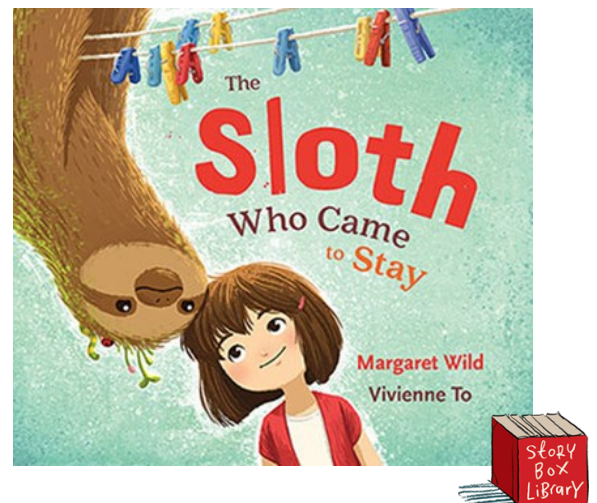
**ILLUSTRATOR:** Vivienne To

**PERFORMED BY:** Jessica Rudd

**PUBLISHER:** Allen & Unwin

*Amy's family is speedy!*

*They are always in such a rush that there is no time to talk or play - until the afternoon Amy brings home a sloth. Then things start changing very, very slowly ...*



**READ:** We all Sleep

**AUTHOR:** Ezekiel Kwaymullina

**ILLUSTRATOR:** Sally Morgan

**PERFORMED BY:** Kirli Saunders

**PUBLISHER:** Freemantle Press

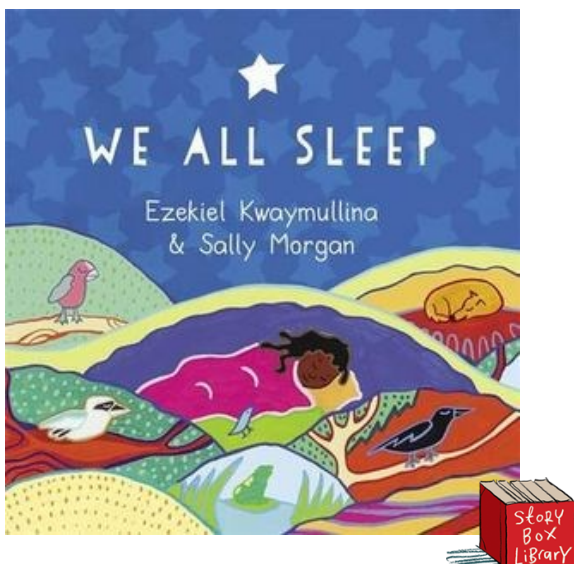
*Against pink skies kookaburra calls*

*Over swaying reeds frog leaps*

*From brown branches magpie sings*

*Among shady ferns galah scratches*

*Take a journey through a day, celebrating the connection of people and animals in lyrical language and sumptuous colour.*



# MAKE: DIY SUNDIAL

## A MONTH OF HOLIDAY IDEAS

GEELONG  
REGIONAL  
LIBRARIES



Learn how to make a sundial so you can tell time using the power of the sun.



**YOU WILL NEED: The sun** - to cast shadows all day.



**YOU WILL NEED: Time** - use all the sunny daylight hours available to you. Start early.



**YOU WILL NEED: Space** - choose a spot that will catch the sun all day; find somewhere that you can set up and leave your sundial all day.



**YOU WILL NEED: Markers** - stones, shells, rocks, plants. Something that won't blow away if it's windy!



**YOU WILL NEED: Gnomon (a dial)** . A stick, chopsticks, skewer, bamboo or a ruler will do.



**YOU WILL NEED: Piece of string** - to line up the shadow and place your markers. **Optional:** chalk, labels or masking tape to label your markers.

# MAKE: DIY SUNDIAL

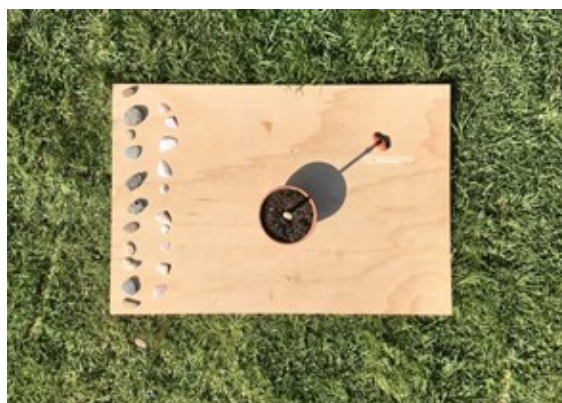
## A MONTH OF HOLIDAY IDEAS

**STEP 1:** Position your gnomon (or dial) in the ground or upright in an empty plant pot or container.

**STEP 2:** Set an alarm for every hour, on the hour (8am, 9am, 10am etc.).

**STEP 3:** When the alarm sounds, go outside and place another marker at the point where the gnomon's shadow falls. You might wish to label each marker with the number of the hour it represents.

**REPEAT STEP 3** every hour until the sun goes down.



Take 3 deep breaths in and out...



look up the sky...



stretch out your arms...



and spin around twice!



Try creating a **HUMAN SUNDIAL**. Instead of using a stick as the gnomon, stand at the centre of your sundial and **be** the gnomon. Your shadow will point to the time!

Ask a grown up or sibling to place a marker on your shadow each hour.

# MAKE: PRESSED FLOWERS

## A MONTH OF HOLIDAY IDEAS

GEELONG  
REGIONAL  
LIBRARIES



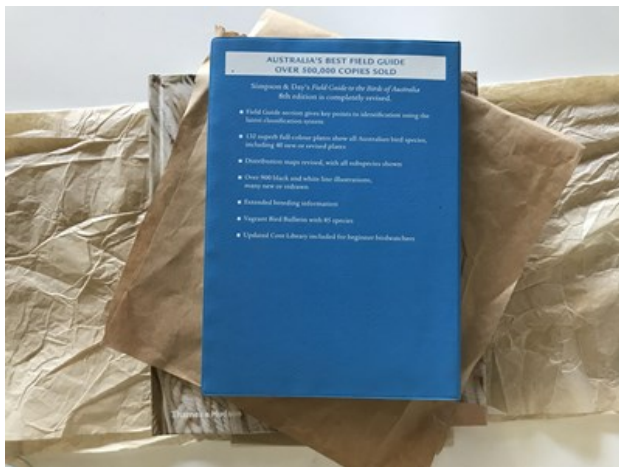
Collect a mix of flowers, interesting leaves or herbs from your garden and with a pile of heavy books, some tissue paper, brown paper, and some time, you will have a beautiful array of pressed flowers to keep.



**YOU WILL NEED:** Flowers, leaves, herbs, a pile of books, tissue paper, brown paper (or cardboard), scissors and time.



**STEP 1:** Place each flower (leaf or herb) in between sheets of paper or cardboard.



**STEP 2:** Put these under a stack of heavy books to weigh them down. **STEP 3:** Leave for one week to dry out.



**STEP 4:** Check the flowers and change the paper if the flowers have 'leaked' while drying.



**STEP 5:** Leave them for another 3 -5 days to completely dry.



**STEP 6:** Use them to decorate cards or posters as gifts. Or save them for yourself to enjoy.