

# Daisy



## DISTRACTIONS


Boredom busters  
and magic tricks  
to help occupy  
your time



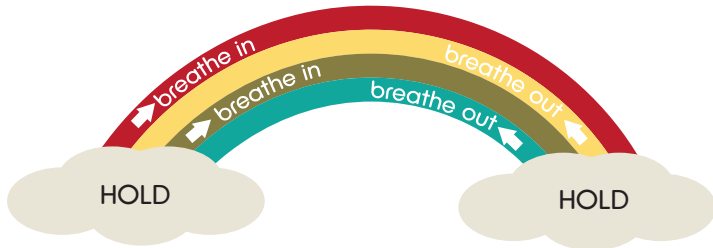
cancer fund  
for children

# Breathing METHODS



 **1** or more people relaxation techniques

## Rainbow Breathing

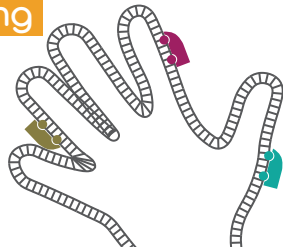


## Roller Coaster Breathing

**Objective:** Imagine your hand is a roller coaster ride.

### How to relax:

- Breathe in as you go up the roller coaster.
- Breathe out as you go down.



## Dragon Breaths

### How to relax:

- Close your eyes and slowly inhale through your nose for 4 seconds.
- Hold for 3 seconds.
- Pretend to blow fire out of your mouth as you exhale a huge roar for 6 seconds.



## Bumblebee Breathing

### How to relax:

- Close your eyes.
- Sitting comfortably with your legs crossed, breathe in through your nose for 4 seconds.
- As you breathe out, make a bee buzzing or humming sound.
- Optionally, as you exhale place your fingers in your ears while you hum. The comforting vibrations of this has a calming effect.

## Bunny Breathing

### How to relax:

- Take 3 short and quick sniffs like a bunny.
- Then breathe out slowly.



## Snake Breathing Brain Break

### How to relax:

- Sit in a comfortable position.
- Inhale slowly through your nose for 4 seconds.
- Hold your breath for 2 seconds.
- Exhale through your mouth while making a hissing sound for as long as you can.
- Pause for a few seconds before inhaling again.



# Design your DREAM...



## Room

### Prompts:

- What colours will it have?
- Where will you sleep?
- Where will you play?

A large, empty rectangular box with a thin black border, intended for drawing a room design.

## Holiday

### Prompts:

- Where will you go?
- Who will you go with?
- Where will you stay?
- How will you get there?
- How long will you be away for?
- What will you bring?

A large, empty rectangular box with a thin black border, intended for drawing a holiday scene.

# Magic TRICKS



## Rubbery Pencil

**Objective:** This is an optical illusion trick that gives the impression that the wooden pencil has magically turned into rubber.

**The magic steps:** \*You will need a pencil with a rubber\*

**Step 1:** Hold the pencil near the top, just below the rubber, between your thumb and your finger.

**Step 2:** Say the magic word.

**Step 3:** Begin to move the pencil slowly but steadily up and down so it swings backwards and forwards.

As you do this, you will create the optical illusion that the pencil is bendy and made of rubber.



## Disappearing Coin

**Objective:** This magic trick requires sleight of hand (skill and speed in using your hands) so that you, the magician, can deceive your audience into thinking the coin has disappeared when, in fact, it is still in your left hand.

**The magic steps:** \*You will need a coin\*

**Step 1:** Open your hands flat with the palms facing the ceiling and place a coin in your left hand, just above the base of your middle and ring fingers.

**Step 2:** Now, turn the left hand over while holding the coin with your thumb (making sure the audience do not see you do this) and then pretend to place it into your right hand, while all the time still holding the coin in your left hand between your thumb, middle and ring finger. When pretending to place the coin into your right hand, make it look like you have done so by closing this hand into a fist.

**Step 3:** Next, hold your right hand in the air in a fist, to make the audience think the coin has moved to this hand, while holding your left hand in the finger palm position.

**Step 4:** Then, give the illusion that you have made the coin disappear by saying the magic word. Open the fist you made on your right hand, one finger at a time, to reveal that your hand is empty and the coin has disappeared.

**Top Tip:** When you pretend to transfer the coin from your left to your right hand, you can break the movement up by rearranging your sleeve. This can distract your audience for a moment so that they don't become suspicious about what is really happening.

## The Magnetic Pencil

**Objective:** This is an optical illusion trick that gives the impression the pencil is magically connected to the hand.

**The magic steps:** \*You will need a pencil with rubber\*

**Step 1:** Hold a pencil in your fist—palm facing the ground.

Wave your other hand around to motion like you are activating special powers.

**Step 2:** Wrap your other hand around the wrist with a pencil to meet your thumb and fingers on top of your wrist. Discreetly move your left pointer finger to your wrist, and secure the pencil to your hand.

**Step 3:** Open your fist and wiggle your fingers to show the audience how the pencil sticks to your hand.

**Step 4:** Close your fist and wave your other hand to activate the magical powers. Slowly remove the pointer finger holding the pencil and open your fist; let the pencil drop with a dramatic impact.

## Guess the Card

**Objective:** This magic trick involves using sneaky skills to impress your volunteer by correctly guessing their card.

**The magic steps:** \*You will need a deck of cards\*

**Step 1:** Shuffle the pack of playing cards.

**Step 2:** Count out 21 cards from the pack.

**Step 3:** Shuffle these 21 cards.

**Step 4:** Fan the cards out in your hand with the pictures face down.

**Step 5:** Ask a member of the audience to choose a card, memorise it and place it back with the other cards without you seeing it.

**Step 6:** Reshuffle the cards.

**Step 7:** Next, ask the volunteer to watch carefully. Start dealing the cards into three piles, facing upwards. Once they are dealt into three piles, ask the volunteer to point to the pile that contains their card.

**Step 8:** Now, pick up the three piles of cards, making sure you always sandwich the pile with the volunteer's card between the other two piles. (Do not shuffle the cards.)

**Step 9:** Repeat steps 7 and 8 two more times.

**Step 10:** Now for the magic part. Say the magic word over the cards and deal them out. Count very carefully in your head as you do this. When you get to the eleventh card, announce to the audience that this is the volunteer's card.



# How to make...

## SLIME

DO NOT EAT



### Ingredients:

- 100ml PVA white glue (children's craft glue or CE marked glue)
- ½ tsp bicarbonate of soda
- Gel food colouring
- 1-3 tsp contact lens cleaning solution (must contain boric acid)
- Glitter (optional)

### Steps:

1. Squeeze the glue into a mixing bowl.
2. Add the bicarbonate of soda and mix well.
3. Add a drop or two of your chosen gel food colouring. Less colouring gives a pastel colour; the more you add, the brighter the colour. Mix until well incorporated.
4. Add 1 tsp contact lens solution and mix really well for a minute. Initially it will look like watery glue but as you keep mixing it will begin to turn to slime. You may need to add up to 2 tsp more contact lens solution – add it gradually until the texture changes. Once the slime begins to form, keep mixing and it will go stringy before coming away clean from the bowl into a ball.
5. Once it has formed, take it out and knead it in the bowl with your hands. It will be very sticky at first but after about a minute or so you'll have a smooth and pliable ball and it should come away clean from your hands. Add glitter at this point, if desired, and work in with your hands. Store in a pot with a lid.

# How to make...

## Friendship Bracelets



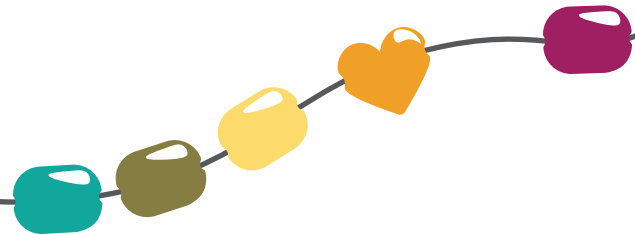
### Simple Beaded Bracelet

#### You will need:

- Elastic cord
- Beads
- \*Optionally, charms, jump rings, and a clasp.

#### Steps:

1. Thread the beads onto the elastic cord in the order you want them to appear on the bracelet.
2. Tie a secure knot at the end of the bracelet, ensuring it's tight and won't slip.
3. Hide the Knot under a bead.



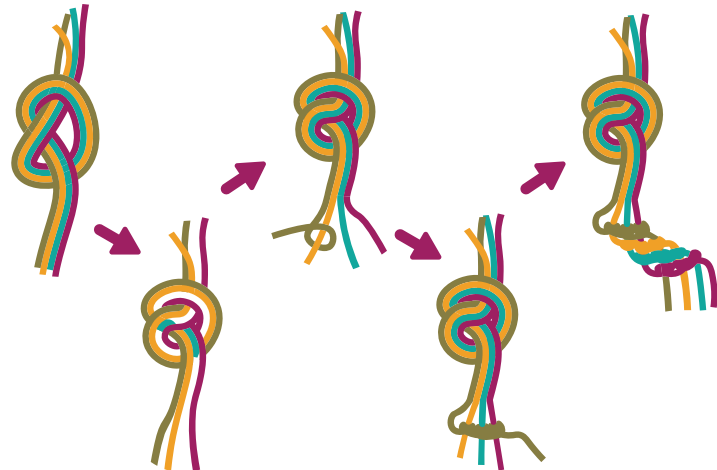
### Basic Double Knot

#### You will need:

- Thread/yarn
- Scissors

#### Steps:

1. Prepare Strings: Cut four equal lengths of thread or yarn, and fold them in half.
2. Tie a Loop: Tie a simple overhand loop knot in the middle of the folded strands, creating a small loop, says YouTube.
3. Create Knots: Loop the first strand over the second, then pull the first strand through the loop to create a knot.
4. Repeat: Repeat the knotting process, moving the first strand to the next strand, and repeating the loop and pull-through.
5. Continue: Keep creating knots by moving the threads from side to side until the bracelet reaches your desired length.
6. Secure the End: Tie a final knot to secure the bracelet, and cut off any excess thread.



# Daisy DETECTIVE



**Objective:** Can you help find Daisy in the different scenes?

## Daisy Patch



## Daisy Lodge



## Supermarket

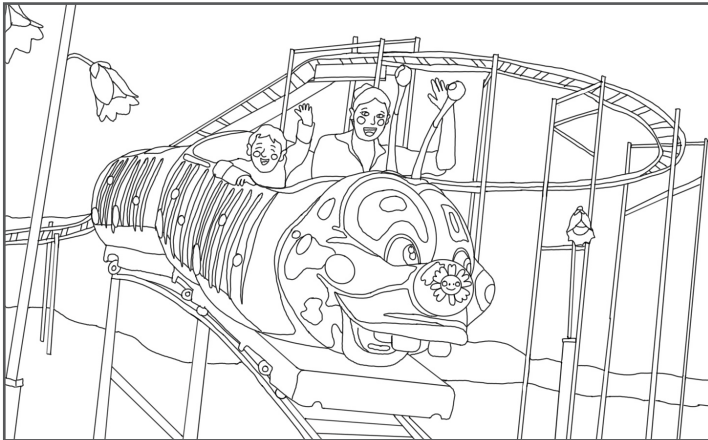


# Mindful COLOURING



**Objective:** Take some time to colour in the scenes.

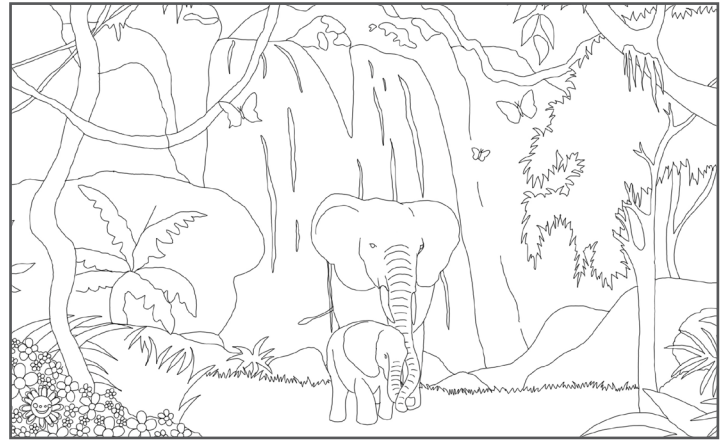
## Adventure Park



## Beach



## Jungle



This booklet was developed by 8-11 year olds as part of Cancer Fund for Children's Youth Engagement Group - to help fight the boredom faced by young people during prolonged periods in hospital during treatment, waiting whilst other family members attend appointments, or for when you are unable to attend your usual clubs or social activities ...but these ideas are so fun they can also be used anytime, anywhere and, with anyone!



-  @CancerFundChildren
-  @cancerfundforchildren
-  Cancer Fund for Children