

# ART ACTIVITIES

The illustrations in “The Very Long Sleep” are beautiful and textured. Here are a couple of ways to replicate the techniques that Polly Noakes used to create the artwork.

## Finger Print Art

Press your fingers onto an ink pad, then firmly press down onto a piece of paper. Use a pen to draw characters using the finger print as a starting point. The edge of the finger prints look like fur, so it's perfect for drawing the characters from “The Very Long Sleep”! Make sure that the ink is not permanent, and wash your hands straight afterwards, so you don't stain anything!



## Wax Rubbing

Place a piece of paper against an interesting texture and rub the side of a wax crayon against it – see how the pattern appears on the paper? Objects with deep grooves work particularly well. Try collecting the following textures: the bark of a tree, some large leaves, a wooden picnic table, wicker furniture and a tree stump.

Once you have some wax rubbings, you can cut shapes out of them and make a collage! Or, you could draw a picture over the rubbings, using the texture as inspiration:

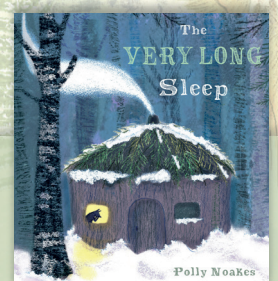


We'd love to see your work!

Send a photo of your work to us at [Office@childs-play.com](mailto:Office@childs-play.com), or ask an adult to share them on Twitter or Facebook and tag @childisplaybooks.

**Find more activities at:**  
<http://childs-play.com/parent-zone/activities.html>

**“The Very Long Sleep” by Polly Noakes**





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## How to Make a Snow Animal

1. Find a patch of clean, undisturbed snow.
2. Grab as much as you can in each hand and press them together.  
Keep your hands cupped and gently continue to press the snow together until it becomes a firm ball.
3. Place the ball on the ground and carefully roll it around in the snow on the ground.  
It will gradually become bigger.
4. That snowball is the body of your snow animal; roll it into the position where you want your snow animal to stand. Create the head in the same way, but stop rolling it before it becomes too big.
5. Put the head on top of the body.
6. Make the ears of your snow animal! If it's a bear; make two smaller snowballs, if it's a fox, shape the snowballs so that they are slightly pointy on one end. Press the ears onto the head.
7. Make a tail out of snow, if your animal needs one.
8. Add a face using gravel, sticks or buttons.
9. It's finished! Why not take a photo?

If snow is rare where you live, substitute it with homemade sensory snow and model it into snow animals – there are plenty of tutorials online!



## Sensory Bin Inspiration

Get a large, shallow tub or tray and fill it with tactile and sensory objects for a young child to experiment with and investigate!

- Fox, Bear, Marmot, chipmunk figurines
- Little scraps of fabric that can be used as blankets to wrap around the animals
- pine cones
- Wool, for weaving around open pine cones
- Fake Snow (Plenty of tutorials can be found online!)
- Trees
- White pom poms or balls of cotton wool
- Leaves (Real, or card)
- Small wrapped parcels (Optional: address them to the animals, for a fun, post sorting activity.)
- A watch or travel-sized clock: if it has an alarm, practice setting it up together, so that it goes off after five minutes. You could also use a device's alarm settings to try out fun alarm sounds, such as a cuckoo clock, or a chiming grandfather clock.



For more ideas for themed crafts, visit our Pinterest board!  
<https://www.pinterest.co.uk/childsplaybooks/the-very-long-sleep/>

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