Wandering Emotions

Winter Story

WELCOME TO THE FIRST WANDERING EMOTIONS WINTER STORY ACTIVITY BOOK!

This issue brings you an exciting story centred around Adam Acorn and the magic of the Winter Solstice. Plus, you'll find engaging and educational activities, perfect for exploring the natural world and gaining a deeper awareness of your emotions.

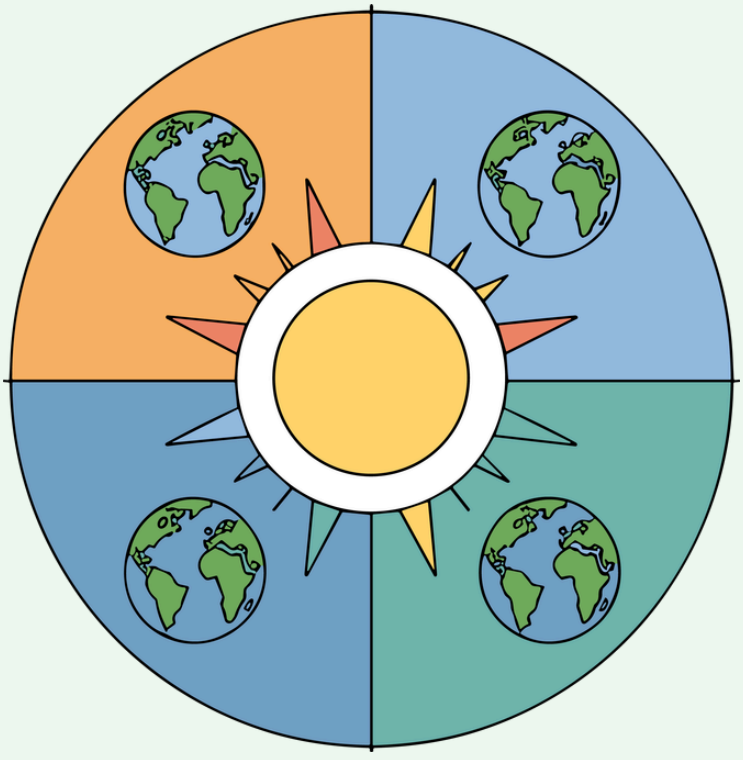
If you enjoy the story, you can secure your copy of our next edition to find out what happens to Adam Acorn and his friends next by signing up with the QR code on the back page.

Happy reading!

Team Wandering Emotions x

WHAT IS WINTER SOLSTICE?

According to the astronomical calendar, the 21st or 22nd of December, known as the Winter Solstice, was officially the first day of winter in the Northern hemisphere, which starts to tilt back towards the sun. In the United Kingdom (UK), and other countries in the Northern hemisphere, this causes the days to start getting longer, and the nights shorter, as winter gradually turns into spring.



THE STORY OF ADAM ACORN

During the winter months in the UK, from December to February, all school lessons for tree sprites take place in the North wing of the oak trees. On December the 22nd, Adam Acorn was fast asleep in his oak tree when the ‘pitter patter’ noise of the rain falling on the leaves woke him up. It was cold outside and Adam was so comfy that he wished he could stay in bed all day, especially as it was a Monday. Then he remembered it was the first day of the school holidays so he could have a lie-in. He snuggled down into his bed of leaves, pulled them up over his chin and went back to sleep.





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Adam Acorn was not the only creature who was sleeping. During the winter months some animals go into hibernation. The only mammals that hibernate properly in the UK are bats, dormice and hedgehogs. They do this by slowing their heart rate down and lowering their body temperature. This means that they are able to survive for long periods of time without eating. On days when it is not so cold, they can wake up to look for extra food and go to the toilet. They can also wake up if it gets very cold and they are in danger of freezing.





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ACTIVITY:

SAD, or Seasonal Affective Disorder, is a type of depression linked to seasonal changes, most often during winter. It is triggered by reduced sunlight affecting brain chemicals like serotonin and melatonin. This can cause people to suffer from low mood, tiredness, and cravings.

In the area where you live, try to find out the times for sunrise and sunset for the last Sunday of each one of the next four months and record it on the sheet below.

What do you notice about the times for sunrise? And the times for sunset?

Are the days getting longer or shorter?

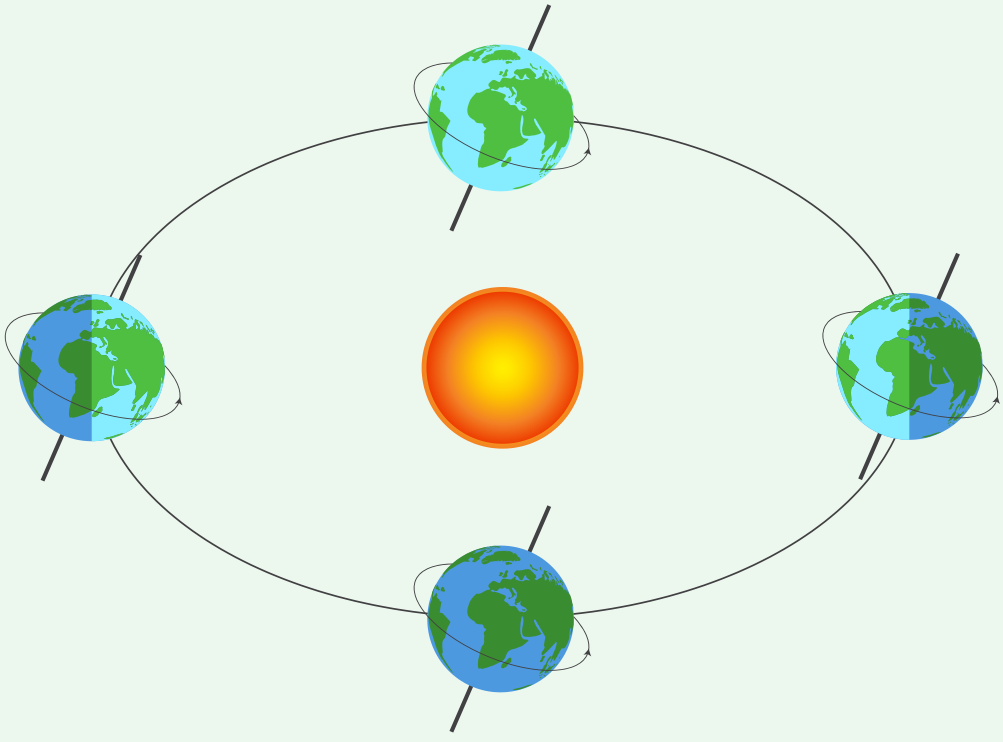
How do you think this might affect people who suffer from Seasonal Affective Disorder, or SAD?

	December	January	February	March
Sunrise time				
Sunset time				

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According to the astronomical calendar the Summer Solstice, is officially the first day of summer in the Northern hemisphere, which starts to tilt away from the sun. The exact date varies each year between the 19th and 21st March.

In the UK, and other countries in the Northern hemisphere, this causes the days to start getting shorter, and the nights longer, as summer gradually turns into autumn.



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During the summer months in the UK, from June to August, all school lessons for tree sprites take place in the South wing of the oak trees. On June the 22nd Adam Acorn was still dozing in his pod in the oak tree. He snuggled down into his bed of leaves and pulled them up over his chin. He was so comfy that he wished he could stay in bed all day, especially as it was a Monday.

The tree guardians started rustling their leaves, to let all the seed sprites know that it would soon be time to get up and get ready for school. Adam was now fully awake. He yawned and stretched as hard as he could. Although the stretching made Adam feel a lot better, a horrible crackling noise reminded him that his leaves were very tight and dry.





The warmth of the sun seeped into Adam's pod from the direction of the wind tunnel. A pool of sunlight surrounded the mineral bath that his tree guardian had prepared for him during the night. As the circle of light grew bigger, Adam could hear the other acorns in the tree starting to stir. The sound of splashing water told him that they were already jumping into their baths. It was definitely time to get up.

Adam pointed his toes and stretched his arms up over his head until he looked just like a leafy submarine. He pushed very hard at the trapdoor at his feet so that it opened as wide as it would go. Still covered in the leaves that he had been sleeping in all night, Adam slid down into the bath underneath his pod. As he hit the surface of the water, the trapdoor sprang tightly shut behind him, ready to catch the next lot of leaves blowing in from the branches.

The chlorophyll in the leaves that surrounded Adam began to absorb the sunlight and carbon dioxide from the wind tunnel. Adam felt invigorated, although he had no idea why mixing sunlight and carbon dioxide with the water from his bath felt soooo..... good.

The tree guardians, who think they know everything, refer to it, in hushed tones, as “photosynthesis”, as if it is some kind of magic. However, even the tree guardians cannot explain why breathing in carbon dioxide is so good for trees and plants but is poisonous for other living things; those that need to breathe in the oxygen that plants and trees breathe out during the day in order to stay alive. For that reason alone, it is probably a good thing that swimming around in his mineral bath is Adam’s second favourite past-time, second only after sleeping, which is his absolute favourite thing to do. Adam climbed out of his bath very reluctantly and shook the water from his leaves. The wind from the tunnel had him dry and ready for school in no time.

ACTIVITY:

Stand or sit very still and listen carefully to the sounds around you.
Try and make a list of three sounds made by people and three sounds made by nature.
Which is your favourite sound? How does it make you feel?
Which is your least favourite sound? How does it make your feel?



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