

# Timeless Tales

## Write | Picture Stories

### What you need:

- paper
- scratch paper
- cartouche pattern (attached)
- Black Sharpie or black pen
- attached hieroglyphics alphabet chart



For hundreds of years, scholars struggled to solve the mystery of Egyptian hieroglyphics. In 1799, the Rosetta Stone was found. The Stone proved to be the key to deciphering the hieroglyphics, since it had the same passage of text in Greek, hieroglyphics, and another script called demotic script. Since scholars knew Greek, they were able to use the Rosetta Stone to decipher one of history's mysteries—Egyptian hieroglyphics.

Take the opportunity to learn about one of the oldest forms of writing by designing your own cartouche. A cartouche is a long oval that contains the name of a pharaoh. Hieroglyphics can run from top to bottom, right to left, or left to right. Any figures in the cartouche should face the direction the hieroglyphics start. Use the hieroglyphics to write your name or motto with a black pen or a black Sharpie. Color in the hieroglyphics to achieve a richer look (somewhat reminiscent of illustrated manuscripts from medieval times). Practice on the scratch paper first. You can exchange messages using the hieroglyphics with a friend or family member then try to decode them.

## Science | Naked Humpty Dumpty

### What you need:

- Vinegar
- Glass jar(s) with lid
- Raw uncracked egg(s)
- Spoon

Note: It takes about two days for the full effect of this experiment to take place.

What you do:

1. Carefully place the egg in the glass jar, cover it with vinegar and screw the lid on to avoid accidental spills.
2. Bubbles will begin to form as the chemical reaction occurs. (The acetic acid reacts with the calcium carbonate in the eggshell and releases carbon dioxide gas that you see as the bubbles).
3. After 12 to 24 hours, check to see if the shell has dissolved.
4. Pour the liquid out of the jar and carefully remove the egg with the spoon (or simply pour it into your hand; the membrane is delicate and may break! You may want to experiment with two or more eggs and jars in case an egg breaks).
5. Gently rub off the powdery eggshell.

6. Refill the jar with vinegar and put the egg in the vinegar for another 24 hours. After this time, the egg is ready for some grossness! It becomes very rubbery, and you may want to experiment with dropping the rubbery egg from different distances. Soak it in food-colored water. You can experiment and leave the egg(s) out for about a week.

### **WHAT'S HAPPENING? Chemical Reactions**

The vinegar causes a chemical reaction to break down the calcium carbonate of the egg shell, eroding it down to the egg membrane.

## **Art | Design a New Dragon Species**

### **You will need:**

- Attached sheets of dragon pictures for reference
- Pencil and paper
- Clay (optional)
- Construction paper

If using clay, cover your workspace with old newspaper, or work outside to limit mess and cleanup. Imagine a new species of dragon, then draw or model them. Don't forget to give your new species a name!

## **Wellness | Meditation**

### **What you need:**

- Mat, towel, or blanket

Meditation is a uniquely personal experience, with the purpose of helping channel self-awareness in a positive direction. To meditate is to turn inward and concentrate on your inner self.

Our secular society is turning to it more and more as a way to escape some of the stress of our busy world.

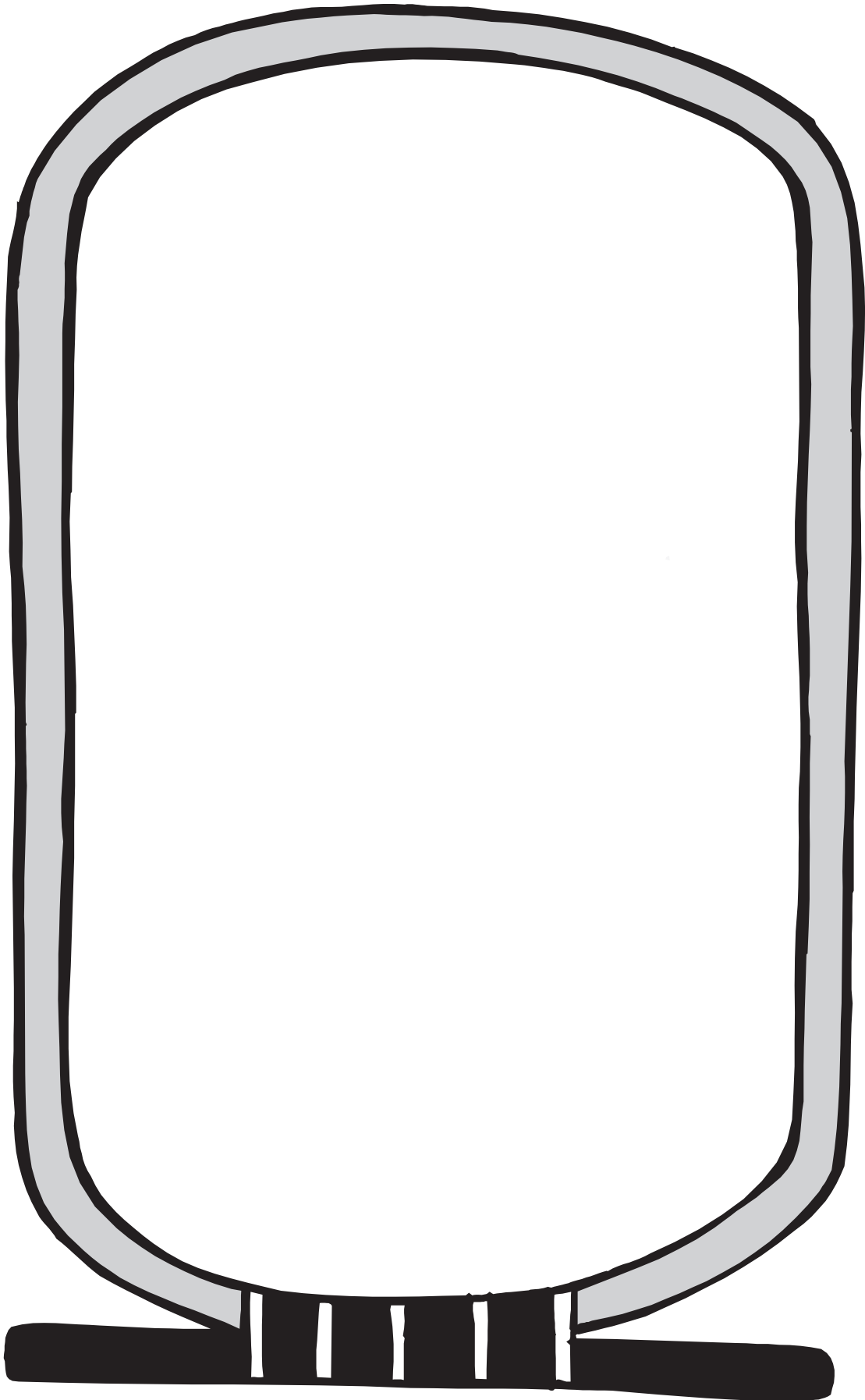
- To meditate, you must get away (even just briefly) from the rest of the world. Turn off your technology (cell phone, computer, music, etc.) to minimize interruptions.
- Have a place to meditate. You might choose to set aside a special place just for meditation in your home. Weather permitting, meditating outdoors can also be effective as long as you have a peaceful spot.
- Try to ensure your meditation spot is a comfortable temperature; not too hot and not too cold. Likewise, wear loose, comfortable clothing.
- You do not have to sit cross-legged, although that is the typical posture for meditation. The key is to find a way to sit so that you are comfortable and do not have to shift or wiggle around. Sit on your mat or towel. You can also sit on a chair.
- What do you think about? To start with, simply concentrate on your breathing—if you find your mind racing, you can count with your breaths, one on the inhale and one on the exhale. Breathe in through the nose and out through your mouth.
- When you feel relaxed, this is the time to begin self-reflection. Listen to your inner mind. Watch your thoughts come and go. Do not try to direct them, just observe them and try not to get caught up in any one thought. If this happens, concentrate anew on your breathing.
- A good beginning length of time for meditation is 15–20 minutes.

- When you are done with your meditation, be sure to get up slowly and with calm and gentle movements.





# Cartouche Pattern





# Hieroglyphics Alphabet Chart

