

## HOW TO HYPNOTISE SOMEONE

Hypnosis is widely recognised as a powerful tool that can be used to influence the mind and change the way people think. Read on to find out how you can hypnotise your friends. Imagine being able to get them to do whatever you want ...

### TEST YOUR SUBJECTS

You can test which of your friends is going to be easiest to hypnotise. Ask each of them to roll their eyes as far up in their sockets as they can. The further their eyes disappear upwards, the better a candidate they are.

### STARTING HYPNOSIS

1. Choose somewhere calm, quiet, safe and without any distractions.
2. A person can only be hypnotised if he is completely relaxed, so begin by telling your friend to lie down and close his eyes. Ask him to take a deep breath and, as he breathes out, to relax his hands, arms, shoulders, neck, head, stomach, legs and feet.

Always talk in a gentle, soothing voice. The more relaxed your friend becomes the more likely he is to succumb to your hypnotic powers. Don't use props such as a watch or swinging pendulum – they are more likely to distract your subject than hypnotise them.

3. Reminding your friend to keep his eyes closed, ask him to do something simple like move the middle finger of his right hand up and down. Repeat this instruction a few times. If he doesn't do it, return to the task of relaxing him.

4. If he does do what you say, you can move on to make some more powerful suggestions. Here are a couple you could try:

- Tell him that a fly is buzzing around his ears and see if he tries to swat it away.
- Suggest that there is a strong smell in the room and check if his nose wrinkles up.



Build up your suggestions slowly and don't make far-fetched requests. Don't jump in and ask him to act like a chicken – there is little chance he will do it and a suggestion that is too silly might wake him up.

### FINISHING A SESSION

To bring your friend out of his trance-like state, simply say 'I am now going to count to five. When I reach five, your eyes will open and you will wake up feeling relaxed and refreshed!'

## HOW TO FAKE A SCAR

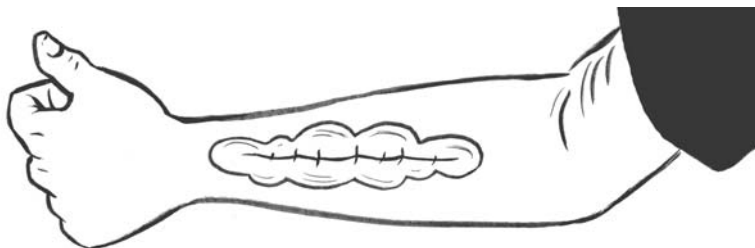
Want to convince your friends you have a terrible scar, or simply need to look the part for a Halloween party? Follow these instructions to make a realistic-looking, gruesome, gaping wound. It will require some practice, but it is well worth the effort.

### You Will Need:

- make-up – red blusher and foundation that matches your skin tone
  - make-up brushes
  - make-up remover
- a sachet of unflavoured gelatin
  - a lolly stick
  - red food colouring
- a tablespoon of cornflour
  - cotton buds
  - a tissue
- a cup of hot water

### WHAT YOU DO

1. First, clean the area of skin that you want to create your scar on (it is easiest to practise on your leg). Use make-up remover to get rid of any oil or grease. Pat dry with a tissue.



2. Mix half a cup of hot water with a sachet of unflavoured gelatin. Stir with a lolly stick until the mixture is syrupy. Allow it to cool a little so it won't burn your skin, then apply a layer to your skin in a rectangle about 7 centimetres by 5 centimetres. Let this layer dry on your skin, then apply a second layer over the same area. (Don't leave the gelatin in the cup too long as it will set and be too difficult to apply to your skin.)

3. Before the second layer of gelatin mix dries, draw the lolly stick across the middle of the layer to create a 'gash' down the centre. Allow this to dry. You may need to experiment, varying the depth and texture of the gelatin, to achieve a realistic-looking gash.

4. Once the mixture has set, your wound is in place and it's time to cover it with make-up so that its colour blends with your skin. Gently pat some foundation on the 'scar' and blend it all over the scar area. Be as gentle as you can so as not to dent or flatten the gelatin.

5. Now you need to apply some red blusher with a small make-up brush to make the inside of the gash appear pink and sore.

6. Create some fake blood by mixing a few drops of red food colouring with cornflour and a tablespoon of water. Use a cotton bud to dab the 'blood' at various points around the scar. Leave it to dry.

7. Stand back and admire your handiwork. Be prepared to lap up all the sympathy you will receive for your terrible injury.

**Top Tip.** It's a good idea to ask before you borrow anyone's make-up or you may end up with a scar for real!

## HOW TO WHISTLE LOUDLY

Whistling in tune is all well and good, but sometimes you can't beat a really loud whistle to grab someone's attention or show your appreciation. Here's how you do it.



1. 'Wet your whistle' or take a drink of water. Learning to whistle loudly can be a thirsty business.
2. Use the thumb and index finger of one hand to make a 'U' shape. Leave about a half-centimetre gap between the tips. Put your fingers in your mouth.
3. Curl your lips back against your teeth and around your fingers. Leave only a tiny bit of your lips visible. Make sure they are stretched tight.
4. Press your tongue down just behind your bottom teeth. You should have a small bump in the middle of your tongue while the front of it should be wide and flat.
5. Breathe in through your nose then blow air out through the small gap in your fingers. Use the top of your tongue to guide the air. You may find that pushing down with your fingers on your bottom lip and teeth helps. Keep practising until you can position everything perfectly and adjust your breath for maximum whistling volume.

## HOW TO SLACKLINE

'Slacklining' is a bit like tightrope-walking in that you can impress your friends and family by walking along a narrow line above the ground. However, unlike tightrope-walkers who walk along a taut rope or cable, slackliners walk on specially made rubber tubing or 'webbing', making it a far more exciting and bouncy activity.

First you need to master the technique of setting up a slackline properly. Your local sports shop or leisure centre should be able to help you get hold of the equipment you need.



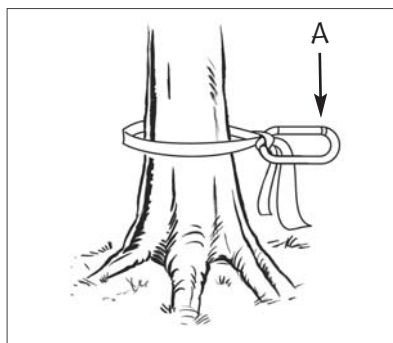
You Will Need:

- three karabiners (these are metal rock-climbing clips with a spring-loaded gate)
- two short pieces of slackline or webbing (3.5 m long and at least 20 mm wide)
- one long length of slackline (15 m long and 20 mm wide)

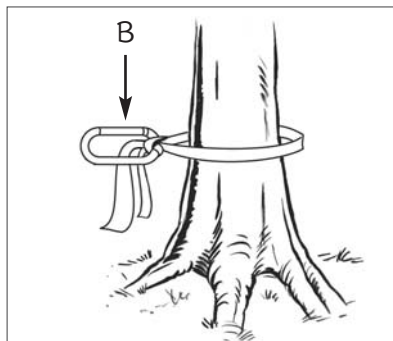
SETTING UP YOUR SLACKLINE

1. Find two sturdy trees, roughly five metres apart.

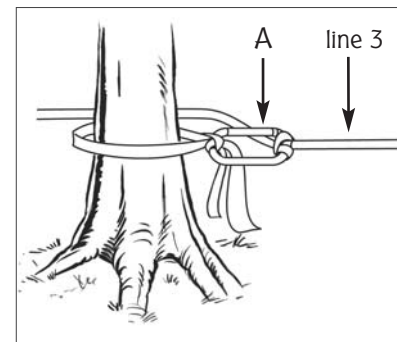
2. Loop one of the short lines (line 1) around one of the trees about half a metre above the ground. Holding the two ends of this line together and using them as if they were one piece, knot them to a karabiner (A) using a clove hitch (you can learn how to tie a clove hitch on page 28 of this book).



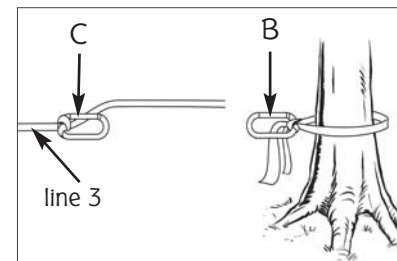
Using the same technique, loop the other short line (line 2) around the second tree and knot it to a karabiner (B) using another clove hitch.



3. Go back to the first tree and knot the long, main line (line 3) to karabiner A using another clove hitch.



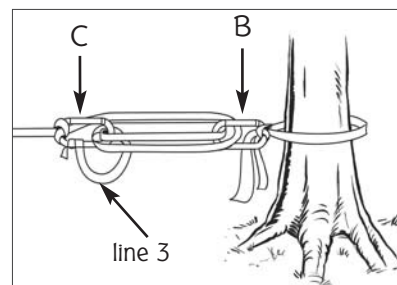
4. Now carry the other end of line 3 back towards the other tree. At a point roughly 30 centimetres away from karabiner B, knot a third karabiner (C) to line 3 using another clove hitch.



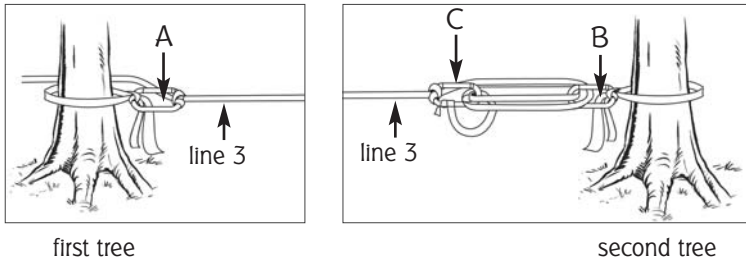
CREATING A PULLEY SYSTEM

5. Now you need to make a pulley system to control the tension on your main line. To do this, thread line 3 through karabiner B. Then loop the line back through the karabiner C.

6. Now make a double loop by looping line 3 again through karabiner B and then through karabiner C. Make sure this second loop fits inside the first loop that you made. Loosely tie the end of line 3 to karabiner C to hold your pulley system in place.



7. Before you come to walk on your slackline untie line 3 from karabiner C and pull gently on the end of this line. When your line is taut enough to walk on, tie the loose bit of line 3 back to karabiner C to hold it in place. Experiment with different levels of tautness until you find a level that you are comfortable walking on – if the line is too loose it will lose its bouncy quality when you walk on it. If you have set it up correctly, your slackline should look like this:



### WALK WITH CONFIDENCE

Ask an adult to check your slackline is secure. Now it's time to learn how to walk the line.

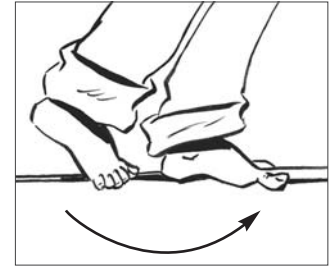
Start in the middle of the line rather than at an end. Get two friends to stand either side of the line to support you. Grip the line between the big toe and second toe of each foot – you need to walk barefoot to help you grip.

Keep your head level and always look forwards, not down. Attempt to balance yourself on the line. Focus on balancing from your hips rather than any other part of the body.

Put your arms out at shoulder level as though you are imitating a plane – this will steady you a little. However, don't expect the line to be still. It will wobble when you are standing on it – this is what slacklining is all about. The trick is to let your body

move with the movement of the line. If you resist the bounce, you are more likely to fall off.

To start walking, keep your weight on your right leg. Carefully move your left leg out and forwards until your left foot is resting comfortably on the line. Then, transfer your weight on to it.



Get your balance, then take the next step in the same way. You are now slacklining!

## HOW TO STOP YOUR TRAINERS STINKING

It takes a lot of skill and effort to make sure your trainers have that lived-in 'street' look. The last thing you want is your mum threatening to undo your hard work by washing them, or throwing them in the bin because they're ponging out the house. A few simple steps mean you can have trainers that look good on the outside and smell good on the inside.

- **Bicarbonate Of Soda.** Put a teaspoon of this in each trainer and shake it around. Leave overnight then shake out into the bin.
- **Old Socks.** Fill a pair of old, clean socks with some cat litter (clean cat litter, of course). Stick a sock in each trainer and leave them overnight.
- **Tea Leaves.** Try putting loose tea into each trainer. Shake it all out in the morning.