



THE NOURISH AND DEVELOP FOUNDATION

ACTIVITY BOOKLET 4.0

Winter Edition

*This content is brought to you by The Nourish & Develop Foundation,
a charitable non-profit organization located in Cannington ON.*



Welcome to the TNDF Activity Booklet 4.0: Winter Edition!

In this book, you will find fun activities, ideas, and inspiration for activities to keep the mind busy as the weather gets cooler.

If you have found yourself recently unemployed or quarantined and are in need of food that you can no longer afford, we are here to help. Intakes can be done over the phone and pickups can be arranged (deliveries may be possible). Call us to speak directly to a staff member who can help.

Nourishing Lives... Developing Change

DIY Snow Paint

You will need:

- Liquid food coloring
- Cold water
- Squeeze bottles

Directions:

1. Take the lids off your squeeze bottles and squeeze several drops of each food coloring in a different bottle.
2. Carefully fill up with cold water, not too fast it will bubble over.
3. Tightly place the lids back on and wipe down the bottles.
4. Carefully take the tops off and use to paint in the snow. Have Fun!

***CAUTION: food coloring will stain.**

CRAFT

Toilet Paper Roll Snowman

You will need:

- Toilet Paper Tubes
- Glue
- Scissors
- White craft Paint
- Paintbrush
- Paint Markers
- Felt
- Pipe Cleaners
- Pom Poms

Directions:

1. Paint the toilet paper tube white. Allow to dry, apply second coat in necessary. Let dry completely.

2. Cut strips of felt and then tie the felt around the toilet paper tube. Add a dab of glue to secure the scarf in place.

3. Use scissors to fringe the ends of the felt.

4. Cut pipe cleaners just long enough to bend over the top of the toilet paper tube. (about 3 inches) Bend the pipe cleaners into a curved shape.

5. Glue the pipe cleaners onto the toilet paper tube. Then glue pom poms on top of where you glued the pipe cleaners down.

6. Use coloured markers to draw on the face above the scarf and coal buttons on the chest.



Your snowman is ready to be displayed this holiday season.

Holiday Tree Rice Krispie Treats

Time: 1 Hour & 20 Min. | Serves: 16

You will need:

- 5 tablespoons salted butter
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 6 cups mini marshmallows
- 6 cups Rice Krispies cereal

For Decorating:

- 1 cup Marshmallow Fluff
- 10 ounces M&M's Minis
- 1 cup spice drops
- 20 Sour Punch Twists, or Straws
- 1 cup sprinkles

Directions:

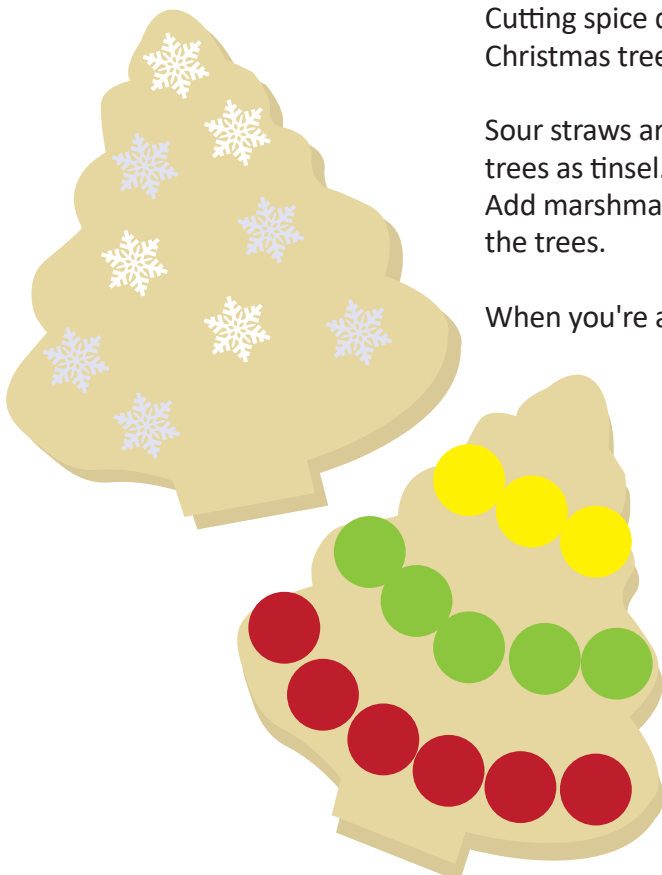
1. Grease a 9" x 13" baking dish with cooking spray. Melt the butter in a large sauce pot on the stove top. Stir the vanilla extract and salt into the butter.
2. Add the mini marshmallows to the melted butter mixture, stirring until the marshmallows have fully melted.
3. Remove the mixture from the heat, and quickly stir in the Rice Krispies cereal. Spread the Rice Krispies mixture into the greased baking dish.
4. Cut out Christmas tree shapes with a Christmas tree cookie cutter. Set aside to cool.
5. Pipe marshmallow cream on as tinsel, or pipe it onto the backs of candies to hold them onto the trees. Decorate with M&M's Minis, spice drops, sour straws, and sprinkles.

Tips:

Cutting spice drops in half, will give them a sticky side you can stick onto the Christmas trees. Use them as ornaments or tinsel.

Sour straws are really sticky, so you can stick pieces of sour straws onto your trees as tinsel. Then add sliced spice drops as ornaments. Add marshmallow fluff to the backs of larger sprinkles, and place them on the trees.

When you're all finished decorating, have fun eating them!



Waterless Snow Globes

You will need:

- Glass jars (varying sizes look best for a collection)
- Artificial Snow
- Hot glue gun and glue
- Assorted mini Christmas Trees and mini snowmen.
- Spray Adhesive (optional)
- glitter (optional)
- White spray paint

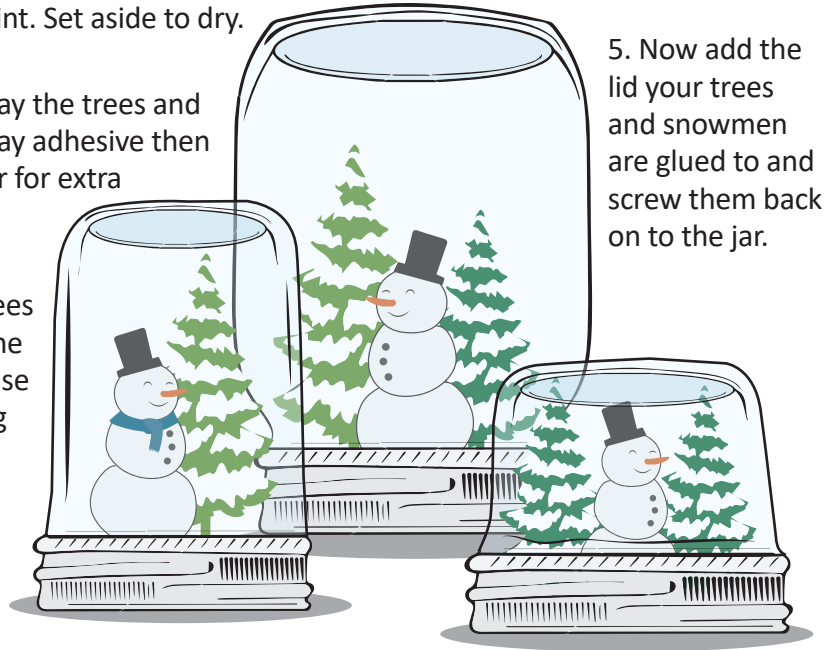
When your done shake them up and watch the magic!

Directions:

1. Spray the lids and paint them with the white spray paint. Set aside to dry.
2. OPTIONAL - Spray the trees and snowmen with spray adhesive then sprinkle with glitter for extra sparkle, let dry.
3. Hot glue your trees and snowmen to the inside of the lids. Use caution when using hot glue to avoid burns.

4. Add enough snow and glitter to cover the bottom of the jar.

5. Now add the lid your trees and snowmen are glued to and screw them back on to the jar.



RECIPE

Mini Snowman Pizzas

Time: 27 Min. | Serves: 16

You will need:

- 1 (8 count) container large flaky refrigerated biscuit dough
- 1 cup tomato sauce
- 4 cups shredded Mozzarella cheese
- Baby carrots
- Sliced olives

Directions:

1. Preheat oven to 350 degrees F.
2. Separate each biscuit into 2 horizontally, to form 16 total biscuit rounds. Place on a large ungreased baking sheet(s). Lightly press dough to even out dough into think layer.
3. Spoon sauce on top of each biscuit round. Sprinkle cheese on top.
4. Cut carrots into thin strips to resemble snowman noses and place one on each pizza.
5. Place 2 sliced olives on each pizza for eyes, then cut a sliced olive into 4 pieces for the mouth for each snowman.
6. Bake pizzas for about 10-12 minutes or until golden brown on bottom and around edges.

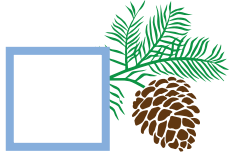
Tips: For more crispy dough, cook the dough for about 5-10 minutes before adding the sauce, cheese, and toppings. Then add the toppings and continue to bake until cheese is melted.

SUBSTITUTIONS: Instead of olives, you could use mini pepperoni or other vegetables of your choice.

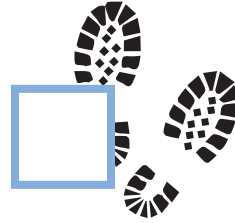




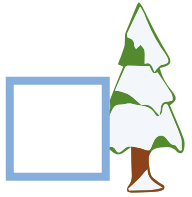
Winter Scavenger Hunt



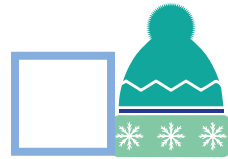
Pine cone



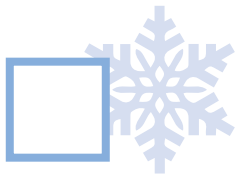
Boot print



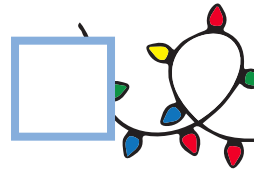
Snow covered tree



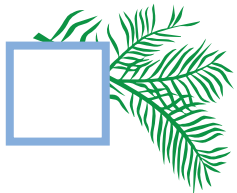
Winter Hat



Snow



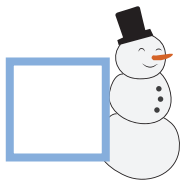
Christmas Lights



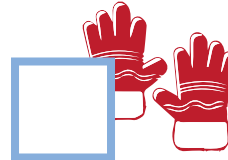
Pine needles



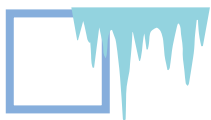
Animal Tracks



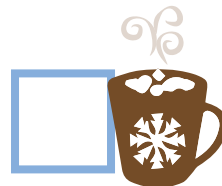
Snowman



Gloves



Icicles



Hot Chocolate

Take a look around you, what can you find inside or outdoors!

EXPERIMENT ACTIVITY

Snow Storm In A Jar

You will need:

- 1 cup of water
- 1 cup of Oil (vegetable oil or baby oil)
- 1 tsp White Washable School Paint
- Alka Seltzer Tablets
- Cup, Jar, or Bottle (large size)
- Glitter (Optional)

Directions:

1. Add water to the vase or large jar.
2. Mix paint into water. Add glitter (optional).
3. Pour in oil.
4. Break the Alka seltzer tablet into pieces and drop one at a time into liquid mixture. Add additional pieces to make a blizzard!

INDOOR ACTIVITY

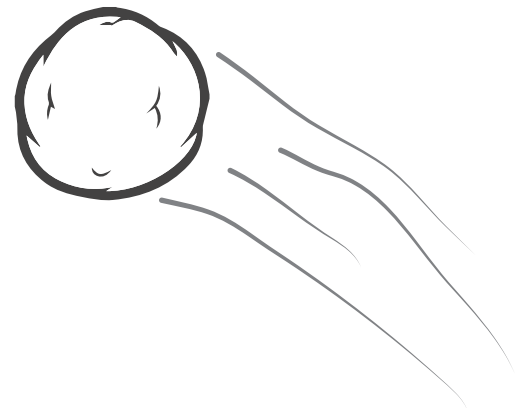
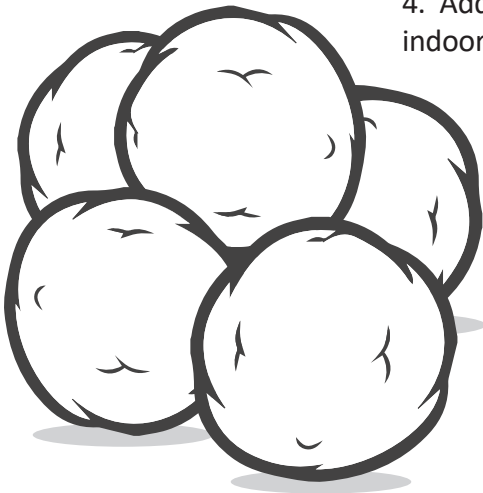
Indoor Snowball Fight Set

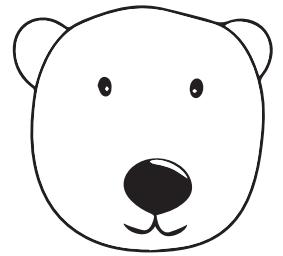
You will need:

- 2 rolls of fluffy white yarn
- 10 to 12 golf ping pong balls (holes in the ball)
- Crochet hook
- Small bucket/basket
- Optional: plastic needle

Directions:

1. Thread some of the yarn through two holes in the ball. Use a plastic needle makes this easier. Knot the yarn to hold it in place on the ball.
2. Wrap the yarn around the ball in a criss-cross fashion, spacing it evenly. Until the ball is roughly snowball sized or as desired.
3. Cut a yarn tail a few inches long and then use a crochet hook to pull the tail under a few tightly wound strands. Repeated this several more times until the tail is hidden and secure (Optional you can add a dab of glue to the tail end to help secure it in place). Then repeated steps 1-3 with the remaining balls.
4. Add your fluffy snowballs to the bucket or basket now you are ready for a little indoor snowball action.





Polar Bear Oreos

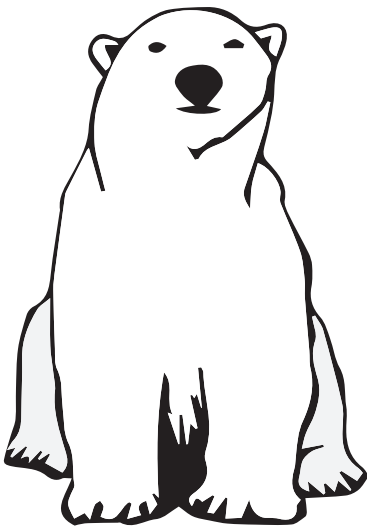
Time: 20 Min. | Serves: 24

You will need:

- 1 package of Double-Stuffed Oreos
- 1 box of M&M's
- 20oz of white chocolate melting wafers
- Small edible eyes (2 per cookie)

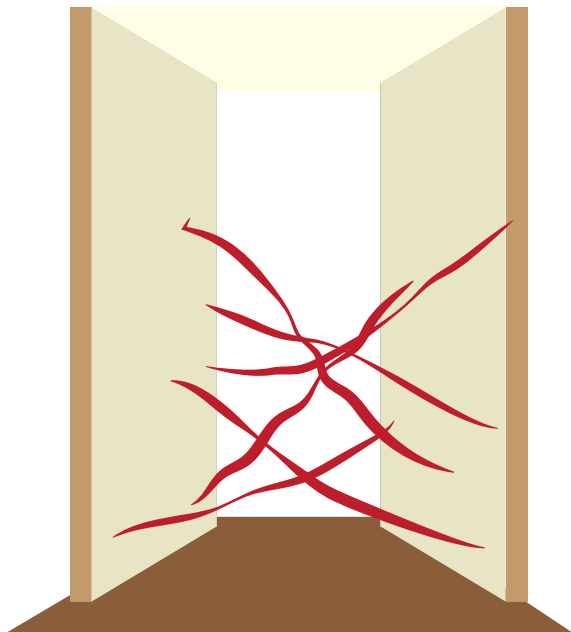
Directions:

1. Using a double boiler, melt one 1/2 of the white chocolate wafers. (Or in a microwave safe bowl, for 20 seconds at a time, stirring in between.
2. Gently pull apart the Oreos, making sure that the creme stays on one half of the cookie. Lightly press two M&M's into the cream like "ears" about one finger width apart, so that half of each M&M sticks out of the cookie.
3. Place the other half of the oreo cookie back on top and slowly dip the top half into the melted chocolate. **Use caution as it will be hot.** Lightly shake the cookie to get excess chocolate off and place onto the cookie sheet.



4. Repeat steps with all remaining cookies. Place cookies into the fridge for 10 minutes to harden before continuing.
5. Place the oreo cookie into the melted chocolate, using a fork, lightly flip the oreo cookie so that both sides get coated. Lightly tap the side of the pot to get excess chocolate off. Place oreo onto the cookie sheet and repeat step with remaining cookies
6. Place a non-melted white chocolate wafer onto the lower part of the cookie to make the nose. Then, put a dab of melted white chocolate onto the letter side of a blue or brown M&M's and press onto the white chocolate wafer.
7. Use melted white chocolate to attach two eyes to the cookie, above the nose. Allow cookies to cool for 30 minutes before enjoying.

Laser Maze

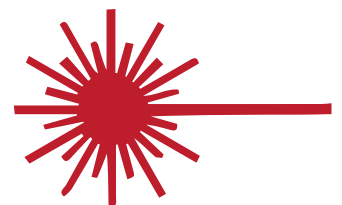


Directions:

1. In a hallway or an area in your home where walls are relatively close. Tape strips of crepe paper across the hallways on each wall.
2. Take strips high, low, diagonally, and all ways in between.
3. Adjust level of difficulty suited to your children. You want it to be doable to a point so they can feel successful and enjoy hours of fun!

You will need:

- Red crepe paper roll
- Masking tape/Scotch tape



Frosty Pine Cones



You will need:

- Pine cones
- White Acrylic Paint
- White Glue
- Silver Glitter
- Silver or white ribbon

Directions:

1. In a bowl large enough for a pine cone to fit in, mix together white acrylic paint and glue (approx 60/40 ratio).
2. In another bowl the same size pour a shallow layer of glitter, enough to cover the bottom of the bowl.
3. Roll pine cones around in the paint and glue mixture. When the pine cone is still wet roll each one lightly into the glitter. Set aside to dry for a few hours.
4. Once dry, glue the ribbon onto the top of the pine cone. You can use hot glue to speed up the process. Optional display them in a bowl instead of attaching ribbon.

RECIPE

Fruity Snowmen

Time: 15 Min. | Serves: 6

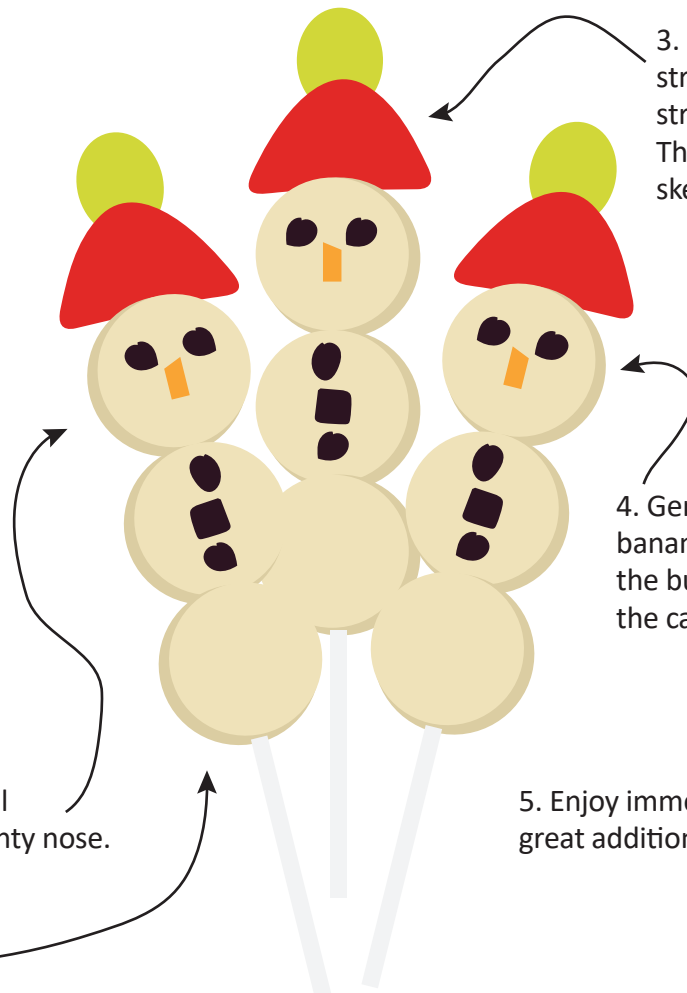
You will need:

- 2 bananas
- 1 baby carrot
- Handful of raisins
- 3 strawberries
- 3 grapes
- 6 skewers

Directions:

1. Cut the bananas into thick slices (approx. 9 rounds per banana). Thread three slices of banana on to each skewer.

2. Cut carrot cut into small triangular slivers for a pointy nose.



3. Remove stem from the strawberries. Then cut strawberries and grapes in half. Thread strawberry half onto skewer followed by grape half.

4. Gently press the raisins into the banana slices to create eyes and the buttons on the body then add the carrot nose.

5. Enjoy immediately! Makes a great addition to a breakfast plate.

Winter Checklist

- | | |
|---|--|
| <input type="checkbox"/> <i>Build a snowman</i> | <input type="checkbox"/> <i>Learn a new skill</i> |
| <input type="checkbox"/> <i>Go on a sleigh ride</i> | <input type="checkbox"/> <i>Play a board game</i> |
| <input type="checkbox"/> <i>See holiday lights</i> | <input type="checkbox"/> <i>Go for a walk</i> |
| <input type="checkbox"/> <i>Make cookies</i> | <input type="checkbox"/> <i>Have a movie night at home</i> |
| <input type="checkbox"/> <i>Deliver treats to a neighbour</i> | <input type="checkbox"/> <i>Random act of kindness</i> |
| <input type="checkbox"/> <i>Decorate a tree</i> | <input type="checkbox"/> <i>Go somewhere new</i> |
| <input type="checkbox"/> <i>Make footprints in snow</i> | <input type="checkbox"/> <i>Look up at the stars</i> |
| <input type="checkbox"/> <i>Go ice skating</i> | <input type="checkbox"/> <i>Try a new hobby</i> |
| <input type="checkbox"/> <i>Donate old toys & books</i> | <input type="checkbox"/> <i>Make hot chocolate</i> |
| <input type="checkbox"/> <i>Build a gingerbread house</i> | <input type="checkbox"/> <i>Read a book</i> |
| <input type="checkbox"/> <i>Try a new craft</i> | <input type="checkbox"/> <i>Sing holiday songs</i> |
| <input type="checkbox"/> <i>Watch your favourite show</i> | <input type="checkbox"/> <i>Write thank you letters</i> |
| <input type="checkbox"/> <i>Make soup</i> | <input type="checkbox"/> <i>Make snow ice cream</i> |
| <input type="checkbox"/> <i>Have a snowball fight</i> | <input type="checkbox"/> <i>Put out bird seed</i> |
| <input type="checkbox"/> <i>Have a pajama day</i> | <input type="checkbox"/> <i>Make a snow fort</i> |