Buy Nothing Day 2020 Stay Home and Stay Busy!



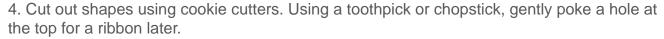
Old-Fashioned Cinnamon Ornaments

What You Need:

- 1 cup ground cinnamon
- 1 tbsp ground nutmeg
- 1 tbsp ground cloves
- 1/2 cup (4 oz) all-purpose glue
- 3/4 cup applesauce
- Parchment paper

What You Do:

- 1. Combine cinnamon, nutmeg, and cloves in a medium bowl. Stir well.
- 2. Add applesauce and glue. Mix by hand until smooth and doughy.
- 3. Cover with parchment paper and roll out the dough to 1/4 inch thickness.



- 5. Using a spatula, carefully place the shapes onto a cookie sheet lined with parchment paper.
- 6. Bake at 200 degrees for 3 hours or until the shape is dry and hard.
- 7. Decorate with ribbon and use it as an ornament, package decoration, or personalize a place setting.





Yarn Pompoms

What You Need:

- Yarn
- Chair/kitchen stool
- Scissors
- Embroidery thread



- 1. Turn your chair upside down and begin wrapping yarn around two of the legs. The more yarn you use, the fluffier your poms.
- 2. Tie off the ends.
- 3. Begin sectioning the yarn by tying the embroidery thread as tight as possible every inch or two. Each tie will be the center of your pom.
- 4. Carefully cut in between each tie.
- 5. Fluff and trim each pom.



There are so many fun ways to use these fluffy little balls of color. String them together for a festive garland. Use them to decorate your cinnamon ornaments or make bookmarks to give as gifts. Decorate your Advent/Countdown mobile. Get creative!





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Advent/Countdown Mobile

What You Need:

- Scrap yarn
- Mini envelopes (or make your own)
- Ribbon scraps
- Pompoms
- Twine
- Tree branch or your favorite holiday decoration (we used the star pictured below) to hang 25 envelopes

What You Do:

Make a list of 25 holiday activities (see our ideas on the next page.) Cut out each activity and fold it small enough to fit into a paper envelope. Hang each numbered envelope from the tree branch. Remove one envelope a day and perform the enclosed activity.



Winter Wisdom

The speech of the stars
Bright and lucid rings,
Fashions stars of ice
In the architecture of snow.

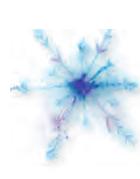


Clear sun-rays are shed Deep in the winter of earth To bear Nature's crystal wisdom Into the heart of sleeping life.

Activity ideas for the Holiday Countdown Mobile

- · Read a Christmas book by candlelight
- Take a homemade treat to a neighbor
- Make holiday cards for your teachers
- · Perform a random act of kindness
- Go for a winter hike and look for animal tracks
- Visit the library and check out a book on Christmas celebrations in other countries
- Look through baby albums and tell stories of Christmases past
- Write down or draw your favorite Christmas memory
- Make popcorn and cranberry garland for the birds that visit the backyard tree
- Make mini wreaths using sprigs of evergreen and hang them around the house
- · Call a far-off relative or friend and sing Christmas carols
- Collect three things to donate to a shelter or charity
- · Fill and deliver a bag of food for the local food bank
- · Camp out under the Christmas tree lights
- Make Christmas cookies
- · Decorate the Christmas tree
- Write and send a letter to someone who has made a positive impact on your life
- Take a night walk to star gaze
- · Make homemade hot cocoa
- Write an encouraging note to a family member to be read on Christmas morning
- Make snowman pancakes for dinner
- Make and deliver homemade dog/cat treats to your local animal shelter
- Deliver a Christmas surprise to a neighbors' doorstep
- Make bookmarks and leave them at the local library
- Assemble and deliver blessing bags (socks, hand cream, toothbrush, toothpaste, lip balm,
 - snacks, washcloths, coffee gift card, etc.) to a homeless shelter
 - Deliver Christmas cookies to the local fire/police departments
 - Shovel a neighbors' driveway/sidewalk
 - Make decorations for a local senior center
 - Decorate a seniors' residence







Frosty the Snowflake

Frosty lived on a cold, blue cloud in the vast and airy sky. One day he felt his cousin Wind lifting him up from his cloud home and sending him drifting downward. Soon he found himself sitting comfortably next to many of his white brothers and sisters. He noticed that every one of his six-pointed brothers and sisters was completely different. He felt proud that he was unique, the only one of his kind.



Suddenly, things began to get more crowded. He was pushed up together against his brothers and sisters, as a little boy began to roll him into a snowball. That snowball grew bigger and soon became an ear on the head of a snowman. Now Frosty was high enough to look out far and wide over the whole land. He saw the bare trees, the steam blowing from people's mouths when they breathed or spoke, and the dogs that left their footprints in the snow.

But then he felt the boy lift him up once again, pack him tightly into a snowball, and throw him up onto the roof of a house! Now he could see much farther and higher. He saw the sky, the clouds from which he had come, and the shining sun. He felt the sun most strongly. As the sun slowly sank lower in the sky, it was making him warmer. Frosty felt himself grow softer and softer. He began slowly to slide down the roof.

Just as he had almost reached the edge of the roof, the sun dropped out of sight, and darkness began to creep all around him. He saw the twinkling stars and the moon appear in the sky above. It began to grow cold, and Frosty drifted off to sleep.

When Frosty awoke in the morning light, he found he had become part of a very hard icicle hanging down from the edge of the roof. The morning light shone right through him and made him sparkle. But the sun rose up into the sky again, and the icicle began to melt and drip.

It dripped and dripped, and soon it dripped Frosty right down into a little stream of water that flowed down a hill and into the street. Frosty felt himself rushing down along the street until he ran right down into a drainpipe. The drainpipe deposited him into the great river.

Once in the flowing river, Frosty was no longer so special and unique. He was just one drop in the big river and could hardly tell himself from all of the other drops as they flowed along in one big current.

As he moved along on top of the current, he noticed a large canoe also moving along with the flow. The two men in the canoe dipped their paddles into the water and pushed the boat along, spraying the water from their paddles into the air. Suddenly Frosty felt himself being lifted up on the side of one of the paddles and thrown high into the air.

When he landed, he found himself on a large green leaf growing on one of the trees along the bank of the river. He greeted the leaf politely, but he found himself so tired after his adventures that he soon fell fast asleep on the leaf. While he slept the sun shone warmly on him, and cousin Wind began to blow a bit. Gradually Frosty was caught up into the warm air and lifted gently up toward the sky. (We would say that he was evaporated.) When he awoke, he was most surprised to find himself back once again on his soft cloud home in the vast and airy sky. It almost seemed as if his adventures as a snowflake and an icicle and a drop

had been a long dream, but he knew they hadn't. In fact, he already was looking forward to new adventures soon to come.

Adams, D. (2002). One, Two, Three!. Chatham, New York: Waldorf Publications