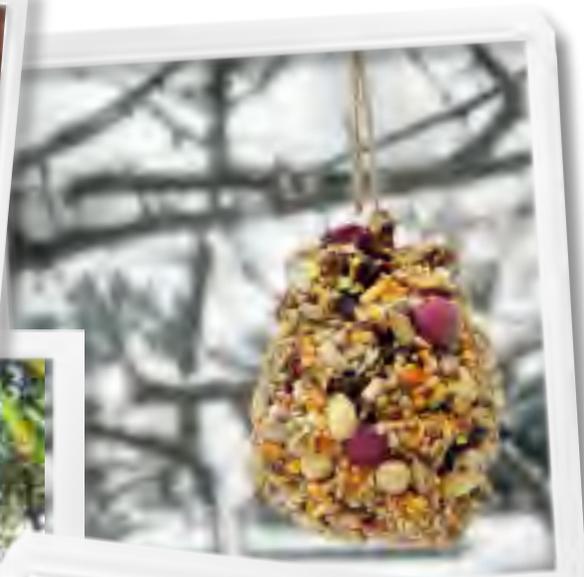


Buy Nothing Day 2016

Stay Home and Stay Busy!



Waldorf Publications
www.waldorfpublishings.org

While you are home enjoying BUY NOTHING DAY, why not learn a song or two...

How do you know you're doing it right? The answer is simple: if you're having fun, you're doing it right!

New York in Beauty

Alto's Earth

© 2016 Waldorf Publications

The complex block contains a page of musical notation. It features two songs: 'New York in Beauty' and 'Alto's Earth'. Each song has a title, a key signature, a time signature, and several lines of musical notation. There are also decorative elements like a holly leaf and berries between the songs, and a small graphic of a globe at the bottom left. The page is framed with a white border.

Pinecone Bird Feeder

What You Need:

- Pinecones
- Peanut butter
- Birdseed
- Dried fruits and berries
- Twine



To open tightly closed pinecones, place them in a 300-degree oven for about 10 minutes.

What You Do:

1. Using a butter knife, spatula, or your fingers spread a layer of peanut butter over the inner and outer scales.
2. Place dried berries, fruit, or nuts deep inside and then sprinkle or roll the pinecone in birdseed.
3. Attach the twine to the top (or bottom) of the pinecone and hang from your favorite tree!



Bird Feeder Garland



What You Need:

- Large darning or plastic needle
- Embroidery string or raffia
- Thimble
- Popcorn, berries, dried fruit, pretzels, in shell peanuts, or bread pieces

What You Do:

1. Tie a double knot at one end of a 3-4 ft string.
2. Begin by stringing the bird friendly snacks. Alternating fruit with popcorn any way you wish. Use a thimble to pierce the tougher bits like popcorn or cranberries. Have fun with patterns!
3. Hang around your favorite tree and wait! Don't forget to sprinkle the left over popcorn or fruit around the tree for the ground loving critters!

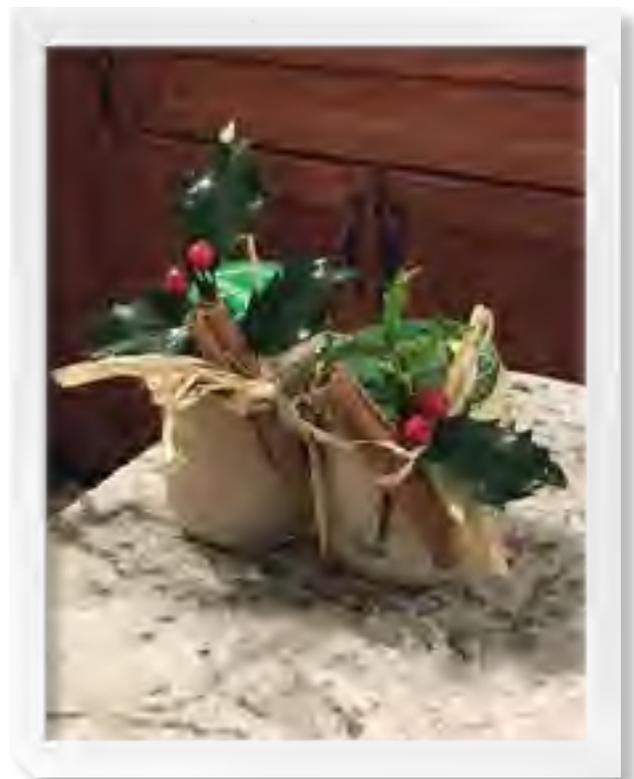
Cinnamon Butter

What You Need:

- 1/2 cup softened butter
- 1/3 cup confectioners' sugar
- 1 teaspoon ground cinnamon
- Small jars
- Ribbon

What You Do:

1. In a small bowl, beat butter until smooth.
2. Slowly add in confectioners' sugar and blend.
3. Add cinnamon and blend well.
4. Scoop into small container and decorate with ribbon, cinnamon sticks, holly, etc.
5. Refrigerate until you are ready to use or give away!



How to Dry Fruit Slices

Set oven to 170 or 180 degrees. Slice fruit (we used apples and oranges) as thin as possible. To prevent browning, dip each slice into lemon-lime pop (we used 7-UP) and shake off the excess. Punch a small hole in each slice near an edge so that a ribbon or twine can be threaded through later. We used a drinking straw as a hole punch. Place slices directly on the oven rack. Bake 4-6 hours or until slices are completely dry - flipping every hour or so.



Nature Made Ornaments

What You Need:

- Cinnamon sticks
- Slices of dried fruit
- Sprigs of evergreen
- Ribbon or twine
- Scraps of fabric

What You Do:

1. Place the ribbon or twine through the fruit slices. Experiment with different decorations, cinnamon sticks, and berries
2. Hang on the Christmas tree or mantle! The orange slices also look great in windows, when they are backlit they look like stained glass!



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

While you are home enjoying BUY NOTHING DAY, why not learn a song or two . . .

Here are two songs to sing with your children or to yourself! These songs were featured in our award winning reader for children, *The Sun With Loving Light*. It is chock full of stories, verse, poems, and songs. Sing with all your heart!

Now I Walk in Beauty

Native American Traditional

Now I walk in Beau-ty. Beau-ty is be-fore me. Beau-ty is be-
hind me. a - hind-er and he - low-er me!

The image shows two staves of musical notation. The top staff is labeled 'Voice' and the bottom staff is labeled 'Vo.'. The music is in a simple, melodic style with lyrics written below the notes.



Mother Earth

Elisabeth Liebert

Mother Earth! Mother Earth! Take our seed and give it birth!
Father Sun! Glean and glow. Till the roots be- gin to grow!
Brother Wind! Breathe and blow. Turn the blade of grain will grow!
Sister Rain! Sift thy tears to seed the grain!
Earth and Sun! Wind and Rain! Bring us birth the liv- ing grain!

The image shows a single staff of musical notation labeled 'Voice'. Below the staff, the lyrics are arranged in two columns, with the first column corresponding to the first two lines of the song and the second column to the last two lines.

