

Buy Nothing Day 2018

Stay Home and Stay Busy!



Paper Stars

What You Need:

- Kite or translucent paper
- Glue
- Scissors

What You Do:

Cut the paper into 4" x 4" x 4" triangles.

1. Mark the center of each triangle.
2. Fold the first point up to the center of the opposite edge. Repeat for the other two points. Open the triangle.
3. Fold the first point up and then crease it down at the center point. Repeat for the other two points.
4. Tuck the left side of the bottom triangle under the right side of the point to the left.



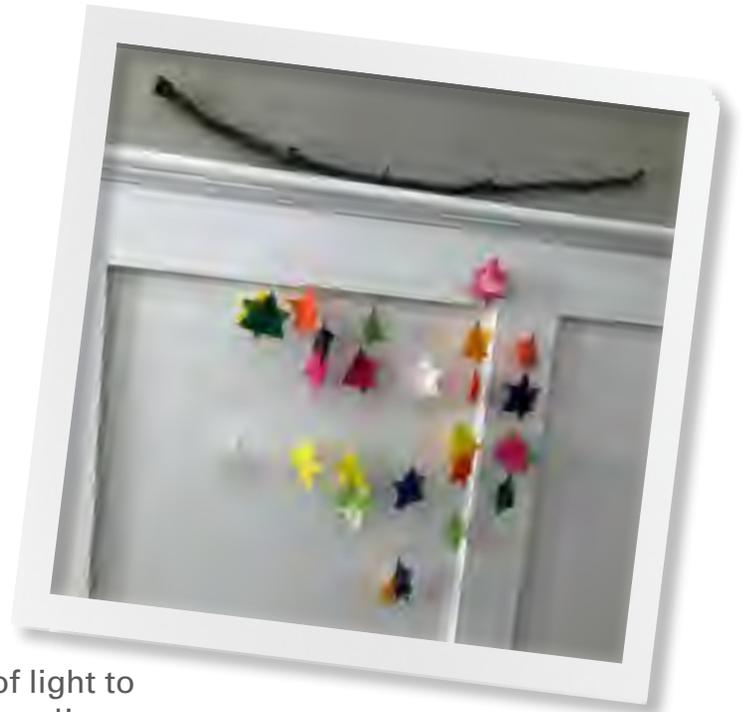
Advent Star Mobile

What You Need:

- Tree branch
- Needle
- Ribbon scraps
- Scissors
- Thread
- 25 paper stars

What You Do:

Make a list of 25 holiday activities (see our ideas below.) Cut out each activity and fold it small enough to fit into a paper star. Using the needle and thread, hang each star from the tree branch. Remove one star a day and perform the enclosed activity. Refold the star and tape it onto a window that gets lots of light to brighten up the long days of winter that lie ahead!



Activity Ideas for the Advent Star Mobile

- Read a Christmas book by candlelight
- Take a homemade treat to a neighbor
- Make holiday cards for your teachers
- 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
- 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
- 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
- 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 and police departments
- Shovel a neighbors' driveway/sidewalk
- Make decorations for a local senior center
- Decorate a seniors' residence

Pinecone Elves or Gnomes

What You Need:

- Pine cones
- Scissors
- Felt pieces (for accessories)
- Wooden beads (various sizes for elf head and gnome nose)
- Wool (for beard)
- Cardboard pieces
- Embroidery thread or cord
- Glue gun or craft glue

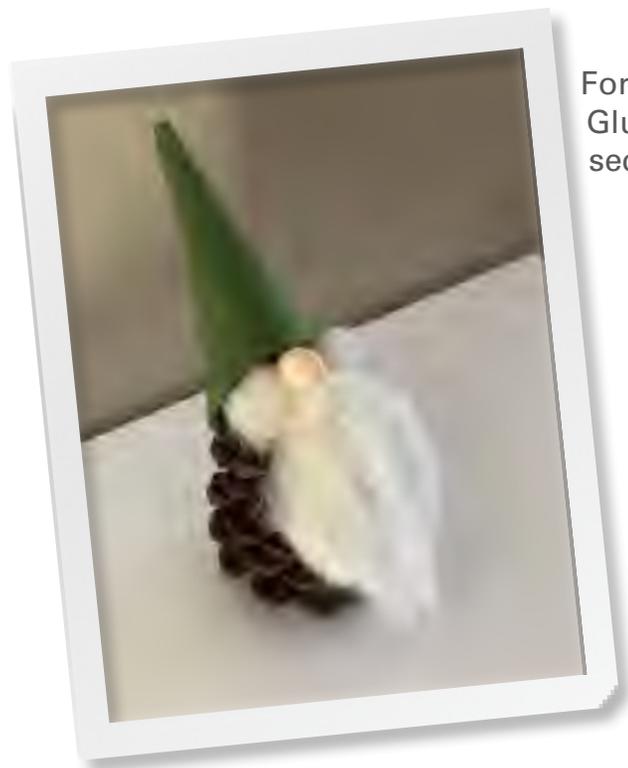
What You Do:

Cut out felt pieces for the mittens, hats, scarves, and feet.

Make the hat by forming the triangle into a cone; sew (or glue) the straight edges together. Use the end of a paintbrush to turn the cone inside out.

For an elf - glue the wooden bead (hole side down) to the pinecone.

Glue the accessories into place. If you want your elf to have eyes, use a permanent marker and draw eyes on the wooden bead.



For a gnome - glue the wool beard on the pinecone. Glue the wooden bead (nose) in place before finally securing the hat.



Christmas Gnome Family

What You Need:

- Felt pieces
- Felted wool
- Scrap material
- Dry rice
- Bead or seed for nose
- Glue gun, scissors, small elastics, or embroidery floss

What You Do:

Hat: cut a triangle out of felt. Create a cone and glue the ends together. The hat should be a little longer in the back where the points meet.



Body: cut a circle (a cereal bowl is an excellent size) out of the scrap fabric. Place rice in the center of the circle and gather the sides to create a pouch. Tie or band the pouch closed.

Beard/Braids: glue the wool onto the body in the shape of a beard or create two braids and glue them onto the sides of the body.

Decide how you want your gnome's hat to sit before securing the nose. Glue on the nose. Finally, glue the hat!



The Snowflake

(adapted from "Snow" by Marcia Dodwell)

Clear, glistening Little Drop of Water was rushing and playing and racing down the hill with all his brothers to the sea. A great wave rose and caught them all and threw them into the air so fast that they all shouted and laughed with joy. High in the air, Little Drop of Water hung for a moment but didn't have time to fall back into the sea, for three bright Sun Fairies fanned him with their wings, and up – up – up he rose, so far and so high that he was soon in the sky, way above the highest mountain.



It was cold up there, so cold that Little Drop of Water froze. He couldn't run and spill anymore! He tried to go down and up, forward and backward, right and left, and each time he moved in each direction, he froze in that direction until he was like a tiny, six-pointed star.

All around him, his many brothers likewise had become six-pointed stars, just like him and yet not like him, for every single one was formed in a different pattern. They all admired each other so much that they couldn't decide which one was the most beautiful. And what's more, they could float in the air like feathers. Here and there—wherever Wind blew them—they floated.

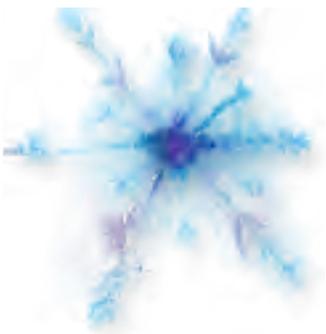
They let the Wind carry them a long way, until they bumped into Big Old Mountain, who refused to get out of the way. If the Wind wanted to get by him, he would have to blow either around him or over him. Nor did Big Old Mountain ever say, "Excuse me." So, with a shriek and a whistle, the Wind blew up one side and down the other. In passing, he left all the beautiful, six-pointed Snowflakes on the top of the Mountain, who suddenly looked like an old, old giant with snow-white hair.

There the Snowflakes lay and rested for many days, but at last they wished they could be on their way. They knew they didn't want to stay there forever. Sure enough, the Sun rose earlier one morning and said, "The days are going to be longer now for a while, and my child the Earth is going to be warmed and comforted." 69

As the Sun's warmth covered the Snowflakes, they suddenly slipped down from the mountaintop. They began to run and roll and, in a twinkling, they turned into drops of water again. All together they poured down the side of Big Old Mountain in a pure, sweet stream of water, laughing and gurgling with joy and gladness. Those who could listen heard the voice of the water singing: "Gloria, Gloria."

Now, what do you suppose Little Drop of Water, who had been a Snowflake, did next? He slipped under ground until he was out of sight. There, under the Earth, an old, old Gnome picked him up and carried him to a little Seedling who was thirsty.

"Drink," said the old Gnome to the Seedling. "This pure, clear Little Drop of Water will help you to grow."





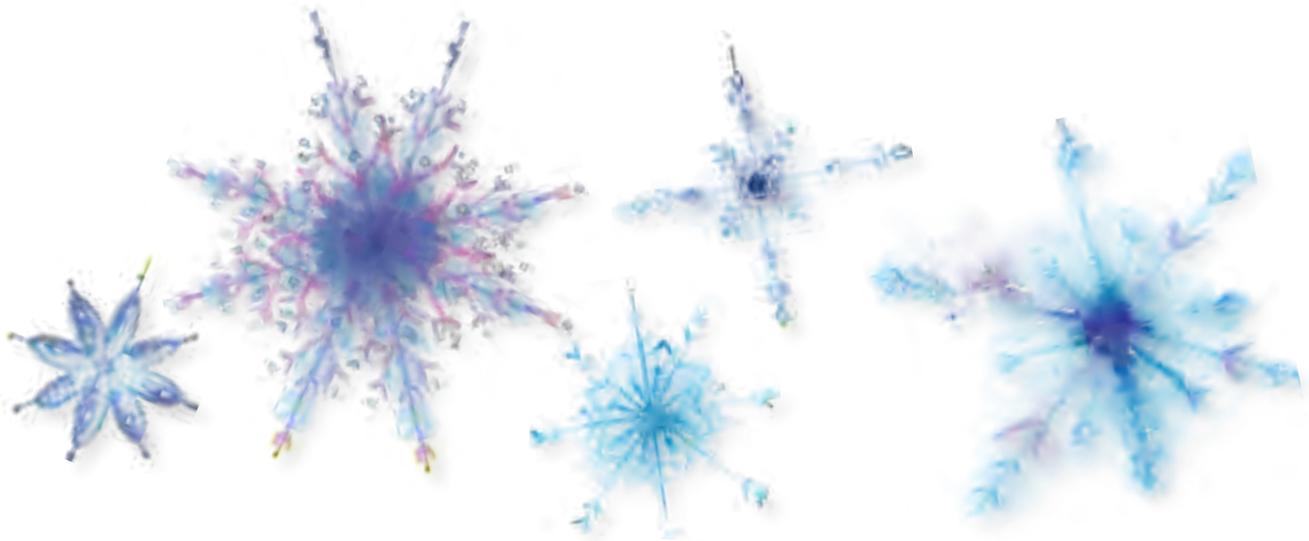
“I will carry him up to the beautiful Sun,” answered Little Wheat Sprout.

So, Little Drop of Water entered into the plant and slowly, slowly rose up in her as she grew taller and taller. At last he entered into a tiny grain of the wheat that formed at the end of her stalk—up in the sunshine above the ground. He felt very proud and noble because the plant had wrapped him around with a beautiful, green jacket, and as the Sun shone down on him, the green turned to a glorious gold, the very color of the Sun itself.

One day, the harvesters came to harvest the wheat. All the Wheat in the field was filled with joy now that the time had come for it to be made into bread, which would bring life and strength to human beings. And in each grain of wheat, bearing the pureness and goodness of Heaven from which they came, many Little Drops of Water lay waiting to enter into the bread.

So, the Wheat was harvested and threshed, and the crystal-clear grains were taken to a city called Bethlehem, which means the House of Bread. There in a stable, a little child—the Christ Child who had also come down from Heaven—welcomed the bread in which the Snowflakes were hidden, and it became the Bread of Life.

And even today, little “snowflake water drops,” hiding in the golden loaves, are filled with joy, for the Bread of Life nourishes each little child who comes into the world.





Elves' Song

B D Betteridge
J W Goethe

When hu - man folks are dream - ing, for us the moon is
Faint falls the oak trees' shad - ow a - cross the green - y
We'll form a mer - ry ring there and romp and dance and
On sil - ver moon - beams rid - ing, to el - fin mu - sic
But hark! The roost - er's crow - ing, Quick, hide! Let none be
For if the sun should find you, to earth he'd sure - ly

4
beam - ing, for us the stars do shine.
mead - ows. Come elves! It's danc - ing time.
sing there all through the star - ry night.
glid - ing, we dance in free de - light.
show - ing, to meet the eye of day.
bind you, for - ev - er and for ay.

Betteridge, B. (2012). Whittle Your Ears. Chatham, New York: Waldorf Publications



Activity ideas for the Holiday Countdown

- 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