

Buy Nothing Day 2019

Stay Home and Stay Busy!





We want to hear from you! Send us photos and descriptions of your 2019 Buy Nothing Day creations to receive \$7 off your next purchase from Waldorf Publications! Email your information to sarah@waldorf-research.org by December 2, 2019, and on December 3, you will receive a code with redemption instructions. Hope to hear from you soon!



How to Make Felt Balls

What You Need:

- Roving wool
- Bowl of hot water with 1 tbsp dishsoap

What You Do:

1. Separate roving into equal piles.
2. Pull apart and fluff up a pile of roving while forming a roundish shape.
3. Dip wool into warm water and roll into a ball. Continue dipping and rolling until the ball begins to feel dense and hold its shape (this can take several minutes). Make sure to keep the water warm.
4. Rinse with cold water and set aside to dry for 24 hours.



Pine Cone Ornaments

What You Need:

- Dried pinecones
- Glue
- Felt balls
- Scrap yarn

What You Do:

1. Tie or glue a length of yarn to the top of a pinecone to make a loop for hanging.
2. Use scraps of yarn to wrap around and through the pinecone.
3. Push the felt balls into the pinecone. Glue them if you'd like but they seem to stick pretty well.

Use the colorful pinecones to decorate or string several together for a festive garland!



Pinecone Fire Starters

What You Need:

- Pinecones
- Wire or pipe cleaner
- Old candles or beeswax
- Epsom salt
- Essential oil

What You Do:

1. In a double boiler (or a saucepan and an old coffee can), melt the wax to between 150° and 175° - add essential oil for fragrance.

2. Attach a pipe cleaner or piece of wire to the top of a pinecone and carefully dip the pinecone into the hot wax.

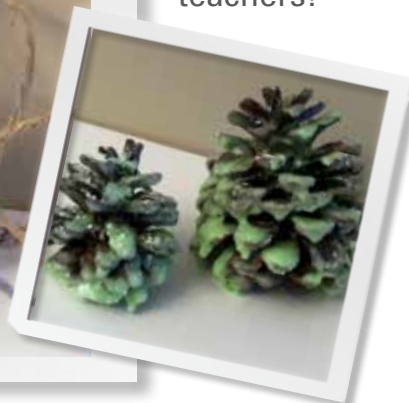
3. Place the pinecone aside to cool for a few minutes.

4. Dip the pinecone in the wax one or two more times and immediately coat with salt. (The salt used will determine the color the Firestarter burns. Epsom salt burns white, table salt burns yellow and salt substitute burns violet).

5. Once dry, remove the wire or pipe cleaner. If you'd like, string several together with raffia or jute twine.



These make great homemade gifts for neighbors and teachers!



Festive Felt Ball Garland or Mobile

What You Need:

- Felt balls
- Embroidery floss
- Large needle

What You Do:

1. Arrange the felt balls in the order you will string them.
 2. Double up the embroidery floss and string the balls using a needle. If you have difficulty, you may need a larger/thicker needle.
 3. Decide on a finished length for your garland and cut the embroidery thread. Space the felt balls along the string.
 4. Knot both ends and hang.
- Use left over felt balls, pinecones, and twigs to create a fun mobile!

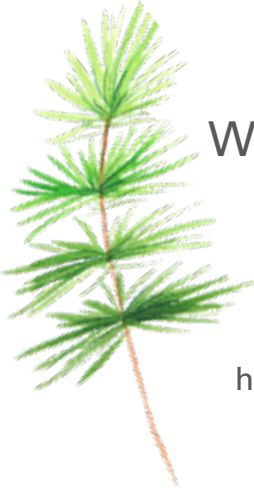


Little Snowflake

Emilie Poulsson

Oh, tiny little snowflake,
So lightly floating by,
A long, long way you've travelled,
To visit from the sky.

Come, rest upon my window;
You've journeyed very far.
You're such a pretty snowflake,
A silv'ry winter star!



Why the Evergreen Trees Keep Their Leaves in Winter

One day, a long, long time ago, it was very cold; winter was coming. And all the birds flew away to the warm south, to wait for the spring. But one little bird had a broken wing and could not fly. He did not know what to do. He looked all round, to see if there was any place where he could keep warm. And he saw the trees of the great forest.

“Perhaps the trees will keep me warm through the winter,” he said.

So he went to the edge of the forest, hopping and fluttering with his broken wing. The first tree he came to was a slim silver birch.

“Beautiful birch-tree,” he said, “will you let me live in your warm branches until the springtime comes?”

“Dear me!” said the birch-tree, “what a thing to ask! I have to take care of my own leaves through the winter; that is enough for me. Go away.”

The little bird hopped and fluttered with his broken wing until he came to the next tree. It was a great, big oak-tree.

“O big oak-tree,” said the little bird, “will you let me live in your warm branches until the springtime comes?”

“Dear me,” said the oak-tree, “what a thing to ask! If you stay in my branches all winter you will be eating my acorns. Go away.”

So the little bird hopped and fluttered with his broken wing till he came to the willow-tree by the edge of the brook.

“O beautiful willow-tree,” said the little bird, “will you let me live in your warm branches until the springtime comes?”

“No, indeed,” said the willow-tree; “I never speak to strangers. Go away.”

The poor little bird did not know where to go; but he hopped and fluttered along with his broken wing. Presently the spruce-tree saw him, and said, “Where are you going, little bird?”

“I do not know,” said the bird; “the trees will not let me live with them, and my wing is broken so that I cannot fly.”

“You may live on one of my branches,” said the spruce; “here is the warmest one of all.”

“But may I stay all winter?”

“Yes,” said the spruce; “I shall like to have you.”

The pine-tree stood beside the spruce, and when he saw the little bird hopping and fluttering with his broken wing, he said, “My branches are not very warm, but I can keep the wind off because I am big and strong.”

So the little bird fluttered up into the warm branch of the spruce, and the pine-tree kept the wind off his house; then the juniper-tree saw what was going on, and said that she would give the little bird his dinner all the winter, from her branches. Juniper berries are very good for little birds.

The little bird was very comfortable in his warm nest sheltered from the wind, with juniper berries to eat.

The trees at the edge of the forest remarked upon it to each other:

"I wouldn't take care of a strange bird," said the birch.

"I wouldn't risk my acorns," said the oak.

"I would not speak to strangers," said the willow. And the three trees stood up very tall and proud.

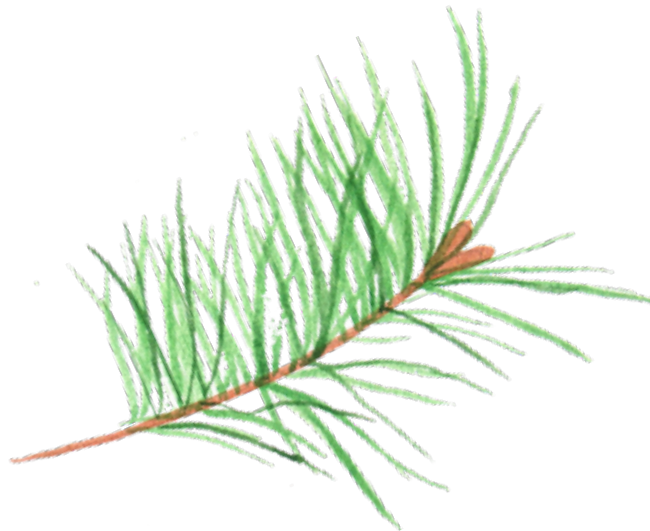
That night the North Wind came to the woods to play. He puffed at the leaves with his icy breath, and every leaf he touched fell to the ground. He wanted to touch every leaf in the forest, for he loved to see the trees bare.

"May I touch every leaf?" he said to his father, the Frost King.

"No," said the Frost King, "the trees which were kind to the bird with the broken wing may keep their leaves."

So North Wind had to leave them alone, and the spruce, the pine, and the juniper-tree kept their leaves through all the winter. And they have done so ever since.

Florence Holbrook, "Why the Evergreen Trees Keep Their Leaves in Winter," Fairy Tales and Other Traditional Stories, Lit2Go Edition, (0), accessed October 26, 2019, <https://etc.usf.edu/lit2go/68/fairy-tales-and-other-traditional-stories/5109/why-the-evergreen-trees-keep-their-leaves-in-winter/>.



White Fields

Lyrics, James Stephens

Melody, David Adams

The musical score is written on a single treble clef staff in 6/8 time. The melody is simple and consists of quarter and eighth notes. The lyrics are printed below the staff, with hyphens indicating syllables that span across two notes. The piece concludes with a double bar line.

In the win-ter time we go Walk-ing in the
fields of snow; Where there is no grass at all;
Where the top of ev-'ry wall, Ev-'ry fence, and
ev-'ry tree, Is as white as white can be.
Point-ing out the way we came, — Ev-'ry one of
them the same — All a-cross the fields there be
Prints in sil-ver fil-i-gree; And our moth-ers
al-ways know, By the foot-prints in the snow,
Where it is we chil-dren go.