

Make a Pine Cone Bird Feeder

A HEART AND MIND PRESS ACTIVITY FOR KIDS, AND KIDS AT HEART, AGES 4+

In *How To Celebrate Winter Solstice*, we learn how we are connected to both our inner world and our outer world and celebrate the natural rhythms of the winter season. Lets share the natural rhythms of giving and receiving with this activity. We can give food to the birds while receiving their gift of beauty and song for us to enjoy.

WHAT TO FIND

- One large pine cone
- String
- Peanut Butter *(or vegetable shortening, almond butter, or cream cheese for those who have nut allergies)*
- Birdseed
- Baking sheet w/sides
- plastic knives



WHAT TO DO

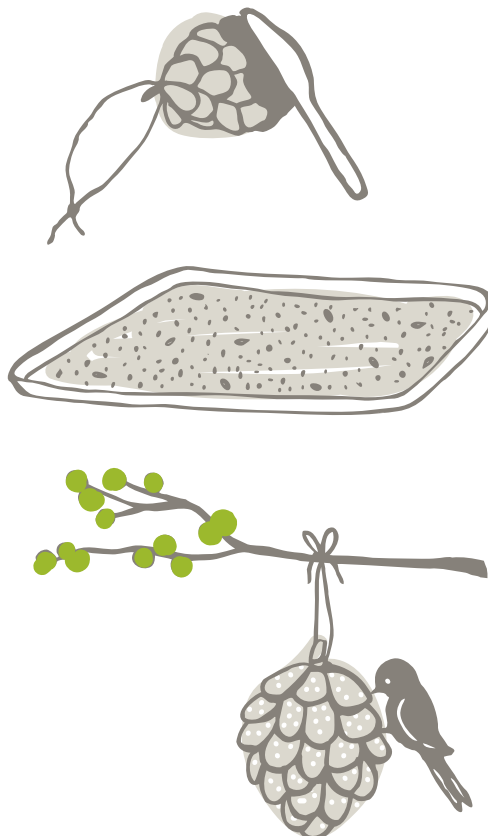
1. Loop the string under the top scales of the pine cone and tie it in a tight knot.

2. Use the plastic knives (carefully) to coat the pine cones with a lot of peanut butter. Fill the spaces between the scales.

3. Pour some birdseed into the baking sheet.

4. Roll the peanut butter covered pine cone in the birdseed until it is well covered.

5. Hang the pine cone feeder in your yard for the birds to enjoy! Be sure to place it in a location you can easily watch from a window inside your home so you-can-enjoy-their-joy too.



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