

OA Mindful Christmas Gifting ~ 3 Week Series

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Description

Let's get together and mindfully create something for someone this Christmas. An opportunity to create something special instead of buying off the shelf, time to relax the mind with some crafting, and remove the stress from gifting this year.

Youth Mentor Ali will be taking us through the steps on how to create two gorgeous gifts and some cute recycled bows to gift them with over 3 weeks.

All gifts are natural and vegan.

Tues November 8th, 4.30pm AEDT. Week 1

Deconstructed 'Christmas Sprinkle' Bath Bombs (gift of self care!)

Tues November 15th, 4.30pm AEDT. Week 2

Layered 'Candy Cane Brownies' Mason Jar Mix & DIY label (gift of feel good food)

Tues November 22nd, 4.30pm AEDT. Week 3

Colourful, Recycled Gift Bows for gift wrapping (a gift to the planet)

Week 1

What we are making:

Deconstructed 'Christmas Sprinkle' Bath Bombs (gift of self care!)

What you need:

- ½ cup Corn starch
- ½ cup Citric acid
- 2 ½ tablespoons Coconut Oil, melted
- ½ cup Epsom Salt
- 1 cup Baking Soda
- 1 Tablespoon Orange Peel Grated (optional if you want this dried or not)
- 10 drops essential oil of your choice (top picks for Christmas are: Vanilla, gingerbread, mandarin/orange, mint)
- 1 Tablespoon water
- A zip lock bag, mason jar, or container (to put your bath sprinkle in to gift)
- Large bowl for mixing
- Small bowl for mixing wet ingredients
- Spoon and fork/whisk for mixing



Steps:

1. In a large bowl, combine corn starch, citric acid, epsom salt, baking soda, and orange peel. Stir to combine.
2. In a small bowl whisk together coconut oil, essential oil, and water.
3. Very slowly add the oil mixture to the dry ingredients. Pouring slowly helps make sure the mixture fizzes as little as possible. Mix together until it resembles wet sand and everything is fully combined.
4. Transfer bath sprinkle to your jar/container/ziplock bag - make sure this is airtight.
5. Use some ribbon to wrap around your jar, or a piece of paper/sticker to label it.

6. To use the bath sprinkle, simply sprinkle it in water and watch it fizz and dissolve for a relaxing and soothing bath.

Week 2

What we are making:

Layered 'Candy Cane Brownies' Mason Jar Mix & DIY label (gift of feel good food)

What you need:

- 1 cup coconut sugar
- $\frac{2}{3}$ cup cocoa powder
- 1 cup coconut sugar
- 1 cup chopped candy canes (optional, could use a mint alternative here also)
- 1 $\frac{1}{4}$ cups plain flour
- 1 cup of chocolate chips
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon baking powder
- Large Mason Jar/Container (that you can see-through)
- Spoon for layering
- Paper & Coloured Pens for tag
- Ribbon or twine (optional decorations)



Steps:

Simple layer your mason jar in the above order. Make sure to use a spoon to press down each layer before adding the next. Once you're done layering, close the lid and add some festive twine or ribbon.

Create a cute little tag with some paper and coloured pens and the printable tags. You can write the name of your brownie mix and some instructions on the back as follows...

Ingredients to add to this mix:

- 1 cup butter , melted
- 4 large eggs (or egg alternative)
- 2 teaspoons vanilla extract

How to make Brownies:

When ready to bake, pour the contents of the layered jar into a bowl and then add the butter, eggs and vanilla. Mix just until combined. Pour into a 9x13" pan and bake at 180°C for 25-35 minutes, or until a toothpick comes clean.

Week 3

What we are making:

Colourful, Recycled Gift Bows for gift wrapping (a gift to the planet)

What you need:

- Pages from old magazines (or any kind of paper you wish to re-use/recycle)
- Scissors
- Stapler
- Glue dots, glue stick or hot glue gun (all will work, you might just need to hold down to secure the glue for longer if using a regular glue stick)

Steps:

1. Start by tearing colourful pages from old magazines. The height of the page will govern how big the completed bow ends up.
2. Cut the pages you have selected into strips 2cms wide.
3. For each recycled gift bow you will need 3 strips of paper at their full length to make the outer rosette. 2 or 3 more pieces 2cm shorter than the first for the inner rosette, plus a short length for the centre. Don't worry if that sounds confusing, it should make more sense once you work through the steps, and your first bow comes together!
4. Take the first strip of paper and turn one end over looping it into the middle.
5. Repeat with the other end, so the two ends meet and staple into place. Repeat with all the other strips apart from the middle one which you just use in a simple tube shape.
6. Use glue to secure the first three looped strips into a rosette.
7. Then repeat the process with the next size down looped strips. The size of the paper you started with will govern how much space you have to fill and how many you will fit in.
8. Finally, roll a tube of paper and stick it in the middle of your recycled gift bow to finish, and that's it!

***Example sizes:**

3 strips of paper 25cm in length, and 3 strips 23cm in length plus an 8cm piece for the middle for a larger gift bow. For a smaller bow, lengths were 3 strips at 21cm, 2 strips at 19cm and one 6cm for the middle.