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Eco-Christmas Booklet

LEAP

2021



Eco-Christmas *Things to Make & Do*





Eco-Christmas

Things to Make & Do



LEAP Voices of Youth

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Eco-Christmas

- Things to Make & Do

Reduce, Reuse & Recycle

to make ... to celebrate Christmas in a wonderful, traditional way that has always taught us to use resources we need and not more. This keeps the resource balance in order & hugely helps to counter climate change.

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What next?



1. *What is Eco-Christmas?*

As our world progresses, with it comes the ever-escalating issues we have created with our environment. Now more than ever, we need to take action to protect and preserve our world.

Christmas is one of the largest festivals on our planet, celebrated widely with many traditions by families from many countries across the world. It is a festival which celebrates the importance of family, of being together as a community and the beginning of goodwill and good things.

It is time to call for an Eco-Christmas; now is the perfect chance for each of our families to work to save our environment together. This Christmas, let us make sure to minimise the impact we have on our environment. With so many people enjoying Christmas throughout the globe, we can make a massive impact!

Let us Reduce our consumption, instead Re-using items at home to create our very own Christmas Tree Decorations, Advent Calendars, Christmas Wreaths and Gift-Wrappings !



Let us re-think our habits, focusing on what is really important this Christmas and spending time together cooking delicious home-made mince pies and creating our own Crackers; habits that are also more economical and will last lifetimes.

Plant a tree this Christmas, or gift a seed, and have your own real-life Christmas tree for next year! And let's make sure that we use eco-friendly materials like Bio-Degradable items when we're crafting these projects, to make sure that they go back into the environment safely.

By taking simple steps to sustain our home, our planet, we can greatly enjoy ourselves, spending more time together and having fun, while simultaneously helping the environment recover.

So, this Christmas, let's be sure to celebrate an eco-friendly way, a tradition we can be proud to pass down for generations!

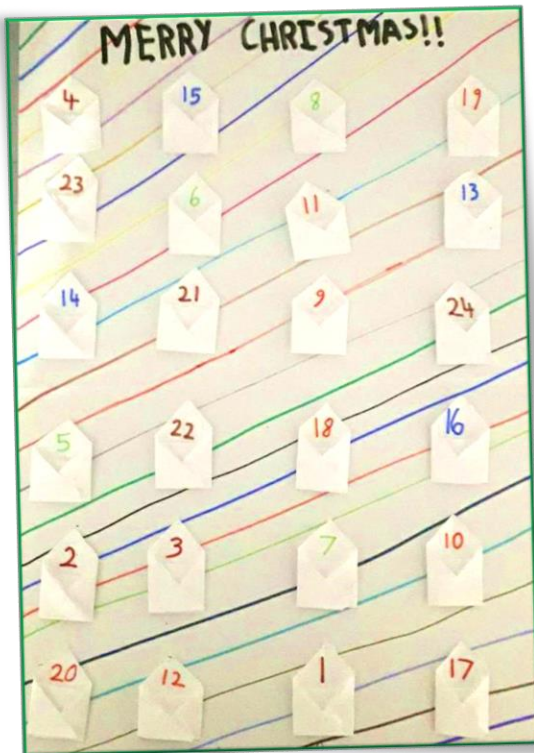




2. Advent Calendar

Getting an Advent calendar, specially themed ones, has become almost an essential part of Christmas for many children. Advent calendars are an old, old tradition and fantastic fun! But we needn't buy one – we can make one! The simplest one can be made out of paper or cardboard, and here are the steps to make one:

Paper/Cardboard Advent Calendar



1. Get whatever size paper you want, and design its background with colours, decorations etc.

2. Make 24 mini envelopes- sizes depend on whatever size paper you use.

Steps to do this:

- Fold a bit of paper (around 5-10cm x 5-10cm) in half diagonally and do

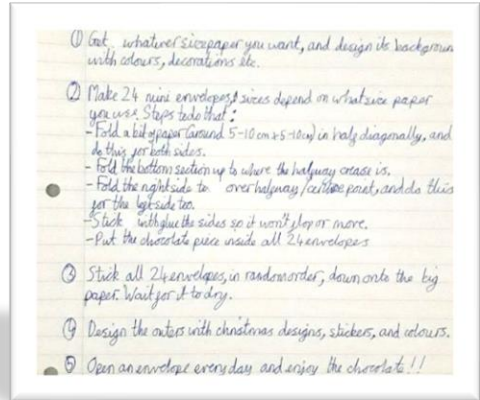
this for both sides.



- Fold the bottom section up to where the halfway crease is

- Fold the right side to over halfway/centre point, and do this for the left side too

- Stick with glue the sides so it won't flop or move



- Put a piece of chocolate inside all 24 envelopes

3. Stick all 24 envelopes, in random order, down onto the big paper. Wait for it to dry.

4. Design the outsers with Christmas designs and colours.

5. Open an envelope every day and enjoy the chocolate!!

You can also fill each pocket with sweets, coloured paper planes, pencils and rubbers, whistles, tops and other little toys that you've made or have already but might not have played with for some time. (These toys are feeling sad and want to be played with!)

And if you have a favourite character from a book or television, why don't you draw something to do with that character on each pocket? There's your themed advent calendar!



Fabric Advent Calendar

If you want a calendar that won't tear for years and years, just use an old pillowcase instead of a paper or card! You can change the look each year in many ways – you could dye the calendar by soaking it in turmeric (yellow), coffee (light brown), berry juice (pink) etc.; the adult could sew on some new pockets made from pretty bits of old clothes or sew on bright buttons, old hair clips and almost anything else that you like the look of!

You will need an adult to help you with the sewing.

1. Draw 24 pockets on an old pillow case. You can fit them in any way – big and small pockets, in line or in a brick formation and other ways!

An adult can sew up and down all the lines, so that pockets are formed.

2. Make cuts along the top of each pocket, for the opening.

(Take care to only cut the upper cloth and not the cloth below, which is going to be the back of the pocket!)



3. If the top is folded over and stitched down, you could also push a little garden bamboo support through it to give it a firm top to hang the calendar from.



4. The raw edges of the top of the pockets can be hemmed in different colours! Colourful buttons and bits of cloth, sequins, old bits of jewellery, can all be sewn on to make interesting designs for each pocket!



What about a big special pocket for the 25th? Look at this lovely Christmas scene made with tissue paper, cotton wool and bits of foil.



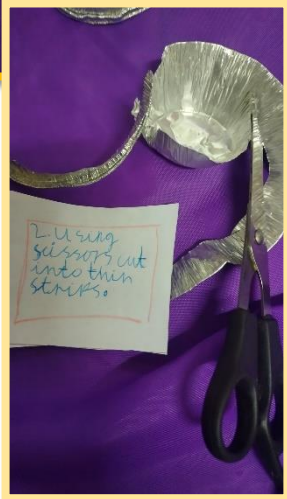
Wouldn't it make an awesome pocket?!



3. Tree & Window Decorations

Here are some fantastic decorations in stepwise pictures, that you can make by recycling tart foil cases, bits of left over wrapping and plain paper, gold, silver and transparent sweet wrappers, old cotton wool and bits of scrap cloth!

Make your own Tinsel





*Hanging star
made from
willow
branches and
colourful string*

*Santa for the
window and a
Star for the tree*

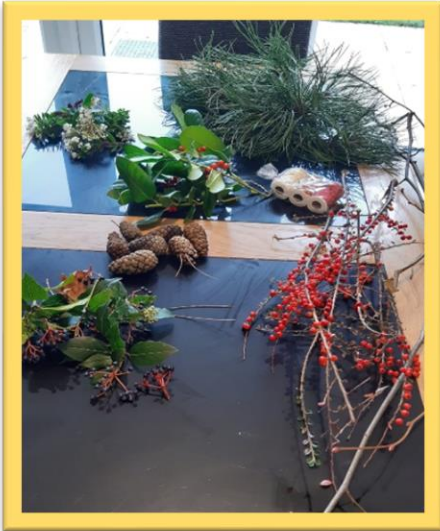


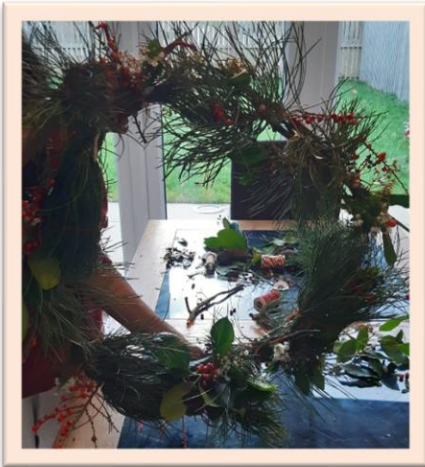


Make a Christmas Wreath

A beautiful wreath to hang on your door!

Follow the picture steps or Click here to listen to the audio instructions for this wreath on the LEAP website





You can also make Christmas wreaths by covering a cardboard disk with recycled paper and string like this...





4. *Santa's Boutique Bakes*

Home made and baked goodies can taste so much nicer than the ones in the shop, and certainly are healthier! We have been trying some traditional but eggless bakes – it's not impossible to move towards a vegetarian diet before Christmas, to support the country's Net Zero target!

And it's not that difficult to make your boutique bake look great too, for all those people coming round. When you make it at home, you can put in the flavours and combinations that no one would ever get in a shop – make your own truly boutique bakes.

A Seasonal Fruit Cake



You could use these... or choose the dried fruit and peel you would like to put in

For the cake

- 1 cup flour
- $\frac{1}{4}$ teaspoon cinnamon
- $\frac{1}{8}$ teaspoon clove
- 1 teaspoon orange zest
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ cup vegetable oil
- $\frac{1}{2}$ cup brown sugar
- 1 cup milk (can use vegan milk too, preferably almond milk)
- 1 teaspoon vanilla extract



For soaking

- $\frac{1}{3}$ cup orange juice
- $\frac{1}{3}$ cup water
- $\frac{1}{4}$ cup raisins
- $\frac{1}{4}$ cup dried apricots
- $\frac{1}{8}$ cup dried mixed berries
- $\frac{1}{4}$ cup figs

For folding

- $\frac{1}{4}$ cup almonds
- $\frac{1}{4}$ cup walnuts
- $\frac{1}{4}$ cup cashews

It's made like this.... Ask an adult to help with all hot and sharp bits like using the oven and using a peeler for any fruit you use

1. In a saucepan, take orange juice and water. Add raisins, figs, dried apricots, dried cherries & berries to the juice. Cook till dry fruits absorb all the juices. Set aside to cool.





2. Pre-heat the oven to 180 degree C and line a 7 inch loaf tin with parchment paper.

3. In a bowl whisk together flour, baking powder, baking soda, the spices, orange zest and set aside.

4. Whisk together brown sugar, milk and

oil. Add vanilla extract

5. Gently fold in the dry ingredients and mix until everything is well combined. At this point add vinegar.

6. Keep a small portion of the soaked dry fruits aside and fold in the rest along with the chopped walnuts, almonds and

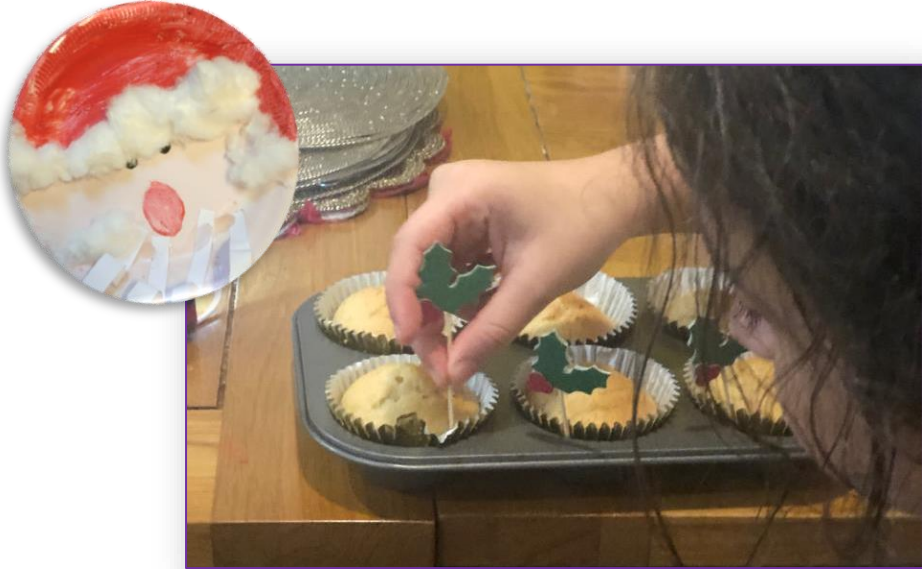
cashews in the batter and transfer the batter to the prepared cake pan.

7. Bake at 180C for 30 minutes or only until a skewer inserted in the centre comes out clean.



Santa's Muffins

(Santa said that he would like to try muffins as he had too many cookies last year.)



You could use these... or choose other flavours you would like to make

1/3 cup cocoa (if you don't want chocolatey ones, leave it out)

1.5 cups self raising flour

1 cup warm water mixed with 1.5 tsp coffee

1 cup sugar

1/2 cup oil

1 tbsp vinegar

1 tsp salt

1 tsp baking powder

vanilla extract



It's made like this.... Ask an adult to help with all hot and sharp bits like using the oven and cutting anything.



1. In a mixing bowl, mix the oil and all the other wet ingredients (except the warm water) with the sugar

2. Mix the baking powder (and cocoa) with the flour, and add gradually to the wet mixture, stirring well.

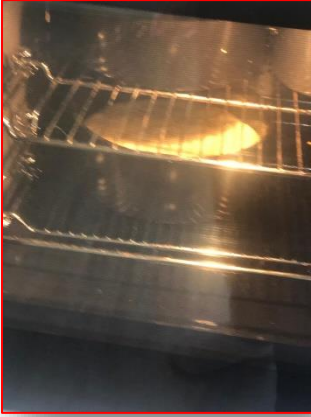
3. Add the warm water little by little and mix till the mixture is just thick enough to be dropped from a spoon, but not liquidy.

4. Ask an adult to heat your oven to 180 degree Celsius.



5. You can make a tray of small muffins or a giant cake like muffin! Just spoon 2 tbs of mixture into each cup in your muffin tray or pour it into a lined, round cake tin.





6. Ask the adult to put your muffins on the middle tray in the oven (Close the oven door and no peaking – if the adult keeps opening the oven door to check, the muffin will not rise properly and will look like a reindeer sat on it.)

7. After about 20 minutes, ask the adult to take out the muffins and let them cool on a wire rack.

8. You can decorate the muffins with homemade green and red paper cut out holly leaves and berries stuck onto toothpicks.

9. Make sure you make enough muffins for all the elves in Santa's workshop and leave them next to the Christmas Tree along with little cups of milk.



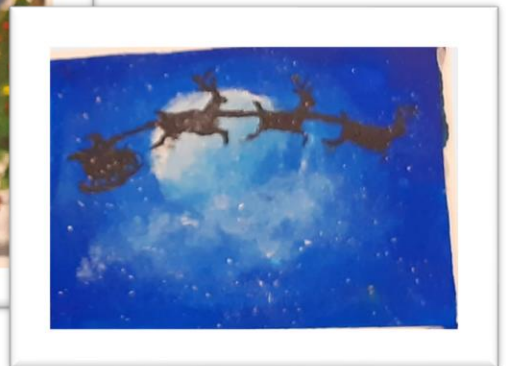
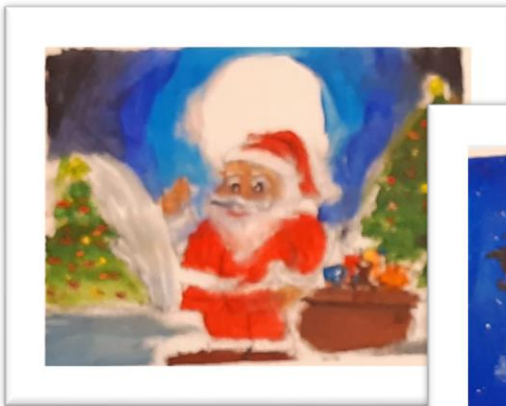


5. Cards & Wrapping

Did you know that some magic goes into each card when you yourself draw it and give it to your lovely family, friends and teachers? A lot of the magic happens because loads of trees then don't need to be cut down to make Christmas cards for you and me, and the planet shines. But some of the magic goes through your fingers as you make the cards and you can see it twinkle in the smile of the person you give it to. Try it if you don't believe it! *(A card from the shop might get a grin, but not the twinkle.)*

Here are some wonderful picture ideas for cards and I am sure you have many more!

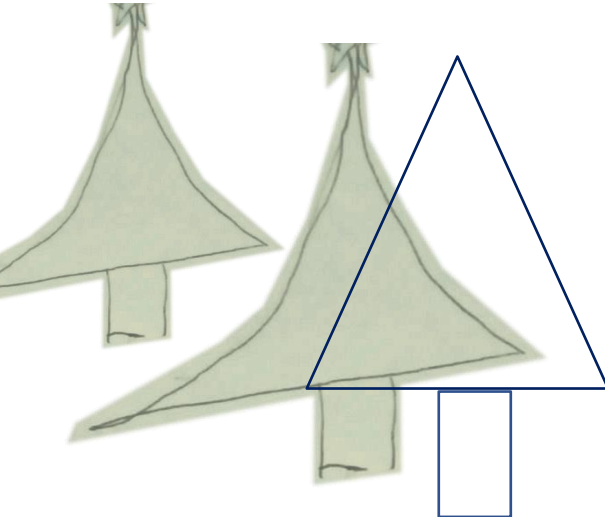
Christmas Cards



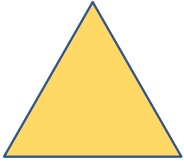
More Christmas Card ideas



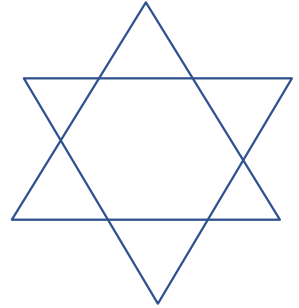
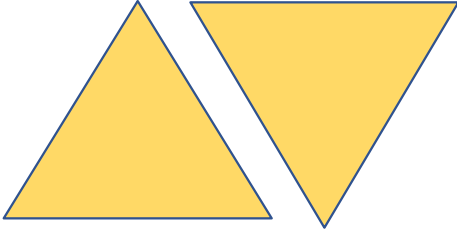
Drawing a Christmas Tree...



Can you see that if you draw a triangle and put it on a little rectangle, you'll get a basic tree shape?



Did you know that a star is just two triangles placed on top of one another, with one upside down?



Divide the tree into 4-5 horizontal sections and draw a line across for each if you like. Then draw a jagged line across each section to get leaves.

Now decorate the tree with many colours and your Christmas Tree is done!



Wrapping Paper

There are so many ways of creating exciting and beautiful wrapping paper and gift bags! Here is one to get you started...



1. Cut a Christmas Tree shape out of bits of foam from packaging
2. Cut the Tree leaves section off the Tree trunk, as you'll use different colours for these.

3. You might want a lighter and darker green for the leaves, in which case cut your Tree leaves into two sections.



4. Stick two A4 pages together to make a bigger wrapping paper.

5. Mix green paint in a little cup, brown paint in another bowl and a little red paint in a third bowl.

Your wrapping paper is ready!!



6. *Homemade Gifts*

Homemade cookies in homemade gift boxes make brilliant Christmas gifts! You can make many wonderful other gifts too... write a short story and make it into a little book; make a calendar; make a diary; make a notepad; make a set of bookmarks, and there are so many other gifts you can make for your loved ones! They'll love these more than any other gifts because YOU made it FOR them. Here are some ideas to get you started...

Make a painting or a 3D Christmas Scene

Gift it in a homemade cardboard frame



Make little Animals out of old socks and bits of material from old clothes. Gift it in a homemade cardboard box or gift bag. Decorate with pom poms made of old leftover wool.



*If you enjoy knitting or crochet, why not make a special gift like this beautiful bag? And if you want a gift box for it, follow this video to make an **ORIGAMI GIFT BOX!***

[Click here to watch this video on the LEAP website](#)





7. Christmas Crackers

Crackers are an exciting part of Christmas but are just thrown away after they have been pulled. So, here are crackers you can easily make from material at home, like empty kitchen rolls, old wrapping paper, reused foil and a collection of small toys and sweets to put inside the cracker....



What Next?

*Christmas is a sum of many tiny rituals—
....decorating, praying to God, exchanging
chocolates and, of course, spending time with
loved ones*

*—and the list does not include creating waste,
noise and other pollution.*

*And likewise, when we enjoy and celebrate
other festivals like Diwali, Hannukah,
Christmas, Eid and occasions such as birthdays
and weddings, we must remember that no faith
or traditions of a way of life asks us to create
waste or pollution.*

*All we must do is increase self-awareness and
try to find more eco-friendly ways to celebrate
our festivals.*

*Adopt a sustainable lifestyle and mindful
approach to reinvent Christmas traditions to
be more environmentally friendly.*



Gift a Plant this Christmas



Plants make beautiful, sustainable gifts. Grow your own saplings and pop them into little decorated earthen pots for a wonderful Christmas gift. Remember the energy and fossil fuels wasted in making, packing and transporting the products in superstores that you buy as gifts, including potted plants!! Make gifts yourself or atleast buy locally!

