

# The Winter Booklet

by Sarah Kress

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Dear Reader,

Thank you for downloading *The Winter Booklet*. I hope you will find inspiration here for appreciating this surprisingly rich season.

Traditions for celebrating the seasons are important because they interrupt our every day routines and encourage us to anticipate heart-warming activities that are familiar to us, but that are out of the ordinary. For those of us who live in cities and who work indoors, it can be challenging to notice all the natural changes that take place in nature as the months pass. Without holidays and traditions to celebrate these changes, it's hard to distinguish memories from years past. In this way seasonal celebrations help to prevent the feeling that life is escaping us.

Winter traditions can be as simple as hanging a wreath on the front door, or as grand as taking a vacation to Hawaii every January. If escaping to a tropical paradise is not an option, there are plenty of affordable activities which can be enjoyed at home during the cold months.

Your feedback about the content of this ebook is very important to me. I would also enjoy hearing about your favorite winter traditions. To contact Sarah's Writings, LLC please send an [email](#), or fill out a feedback form below.

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Thanks again,  
Sarah Kress, Managing Member

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## Activities

[Outdoor activities](#) [Indoor activities](#) [Music](#) [Movies](#)

### Outdoor Activities

Having a snow ball fight  
Making snow angels  
Building igloos  
Hanging bird feeders and bird treats  
Hanging wreaths and bows and Christmas lights  
Snow shoeing  
Skiing  
Snowboarding  
Ice skating  
Sledding  
Sleigh riding  
Caroling  
Window shopping

### Indoor Activities

Decorating the house and the Christmas tree  
Roasting chestnuts  
Making a fire  
Watching holiday movies

Lighting a menorah  
Playing dreidel  
Going to see a holiday play or ballet such as The Nutcracker  
Going to church or temple  
Wrapping presents  
Cooking holiday treats  
Playing holiday music  
Making crafts  
Reading holiday stories

### Winter Music (CDs)

1. Frank Sinatra Christmas Collection. Frank Sinatra.
2. The Christmas Song. Nat King Cole.
3. Let It Snow. Michael Buble.
4. White Christmas. Bing Crosby.
5. December, Piano Solos: 20<sup>th</sup> Anniversary Edition. George Winston.
6. The Four Seasons, Violin Concerto by Antonio Vivaldi.
7. Christmas Glory from Westminster (2000). Andrea Bocelli, Richard Griffith.
8. Songs of Angels- Christmas Hymns and Carols. Robert Shaw Chamber Singers.
9. O Come All Ye Faithful: Christmas Carols at King's College, Cambridge.

### Movies

Adults:

Fargo

Groundhog Day

Misery

National Lampoon's Christmas Vacation

Family:

Ice Age

Batman and Robin

A Charlie Brown Christmas

A Christmas Carol

The Christmas Gift

A Christmas Story

Dr. Seuss' How the Grinch Stole Christmas  
Frosty the Snowman  
Home Alone  
It's a Wonderful Life  
Miracle on 34<sup>th</sup> Street  
The Muppet Christmas Carol  
The Night Before Christmas  
The Nightmare Before Christmas  
The Nutcracker  
Prancer  
Rudolph, the Red Nosed Reindeer

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## Winter Crafts

[Gingerbread Ornaments](#) [Cookie Ornaments](#)  
[Dried Fruit Ornaments](#) [Cranberry Garland](#) [Paper Snowflakes](#)  
[Christmas Candles](#) [Recycled Ornaments](#) [Card Garland](#)  
[Beaded Snowflakes](#)

### Gingerbread Ornaments

3/4 cup applesauce  
3/4 cup ground cinnamon  
1/2 Tbsp. cloves  
3 Tbsp. white craft glue  
Wax paper  
Rolling pin  
Thread  
Pencil

Mix the ingredients in a bowl and then roll the dough out on a piece of wax paper so that it is 1/4 of an inch thick. Cut out shapes, then poke a hole at the top of each shape with the end of a pencil. Allow the ornaments to dry for 2-3 days, then string a loop of thread through the hole of each ornament to hang them.

### Cookie Ornaments

3 cups flour

1 1/2 cups salt  
3 Tbsp oil  
1 1/2 cups water  
Pencil  
Acrylic paints  
Paint brushes  
Thread

Preheat the oven to 250 degrees Fahrenheit. Mix the ingredients in a bowl until it becomes a thick dough. Roll the dough out on a sheet of wax paper until it is 1/4 of an inch thick. Cut out shapes and then poke a hole at the top of each shape. Arrange the cookies on a cookie sheet. Bake them in the center of the oven for an hour, or until they're golden around the edges. Allow the cookies to cool until they are hard before painting them and tying a loop of thread through the holes to hang them.

### Dried Orange and Lemon Ornaments

Slices of oranges and lemons

Cut thin slices of an orange and lemon and set the slices on screens to dry for 3-4 days. The slices can also bake at 150 degrees for 3-4 hours with the door slightly open.

### Cranberry and Popcorn Garland

1 or 2 bags of fresh cranberries  
1 large bowl of popped popcorn  
fishing line or several small boxes of dental floss  
1 large needle

Cut a manageable length of fishing line or dental floss to thread the needle with before tying the line at the end. Alternate the cranberries and popcorn or do entire garlands of just cranberries and just popcorn.

### Paper Snowflakes

Several coffee filters  
Scissors

Fold the coffee filters in half, and then fold them in half again so that each one looks like a triangle with a rounded side. Cut out holes and squares along the straight edges of each triangle, and then unfold each one to reveal the snowflakes.

### Christmas Candles

White, round candles of various heights  
Circle cut-outs of old Christmas cards  
Holly leaves and berries  
Hot glue gun

Glue the circle cut-outs of old Christmas cards onto the face of each candle, and/or hot glue the holly leaves and berries around the base of each candle.

### Recycled Christmas Card Ornaments

Circle cut-outs of old Christmas Cards  
Yarn, thread or string  
Craft glue  
Paint brush  
Sparkles

Cut out circles from old Christmas cards by tracing the bottom of a small or medium sized glass onto the face of each card. The circles must be the same size. Lay half of the circles face down on a table and then brush craft glue onto the back of each one. While the glue is wet, lay a loop of thread or string onto each one so that the loops are outside the circles and the ends are on the glue. Lay the remaining circles on top of the sticky circles so that the colorful sides are up. At this point the circles can dry or the edges can be decorated with sparkles.

### Christmas Card Garland

Circle cut-outs of old Christmas cards  
A long piece of yarn, thread or string  
Paint brush  
Craft glue

Cut out circles from Christmas cards by tracing the bottom of a small or

medium sized glass onto the face of each card. The circles must be the same size. Lay half of the circles face down in a row on a table and brush the backs with craft glue. While the glue is still wet, lay down the long piece of string across all the circles. Place the remaining circles on top of the sticky circles so that the colorful sides are up. Let the garland to dry before hanging it.

### Beaded Snowflakes

Small and medium sized clear and light blue beads

Needle nosed pliers

20 and 24 gage copper wire

Hot glue

String or thread for hanging

Cut three 4 inch pieces of 20 gage wire, and arrange the pieces on top of each other so that they all intersect in the middle. Spread out each arm of the snowflake so that they are equal distances apart. Secure the shape of the snowflake by dripping a dab of hot glue onto the middle intersection of the three pieces and allow the glue to set. Next, string three or four small beads onto each arm. After doing so, use the pliers to twist a 6 inch piece of 24 gage wire onto all of the arms so that it forms a circle around the apex and above the first row of beads on each arm. String beads on this piece of wire before twisting it onto each individual arm. String beads onto the remaining length of the snowflake arms and then twist the end of each arm to finish the snowflake. Attach a loop of string or thread to one of the arms to hang the snowflake on the tree.

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## Winter Foods & Drinks

[Appetizers](#) [Warm Drinks](#) [Cookies](#) [Desserts](#) [Meats](#) [Vegetables](#)

### [Winter Foods](#)

Chestnuts

Carrots

Brussels Sprouts

Beet Root

Shallots

Pomegranates

Pecans

Walnuts

Turnips

Grapefruits

Rutabagas

Kale

Oranges

Leeks

Radicchio

Lemons

Radishes

Cauliflower

Mussels

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