

“It is time for parents to teach young people early on that in diversity there is beauty and there is strength.” — Maya Angelou



## Chocolate avocado pudding

### Ingredients

- f 4 ripe avocados
- f 4 tablespoons cocoa powder.
- f 6 tablespoons maple syrup
- f dash of salt
- f 1 teaspoon of vanilla

### Let's Begin

Place all ingredients in a food processor and combine until smooth

Serve with berries or sliced bananas or chocolate chips

### Build A Fort!

Have your child make a fort, this can be a cozy space where they can have solo quiet time and do special craft activities

A link on alone time

<https://psychcentral.com/lib/the-benefits-of-solitude-for-kids-and-parents-alike/>

[https://www.huffpost.com/entry/why-alone-time-for-you-is-good-for-your-kids\\_b\\_6852344](https://www.huffpost.com/entry/why-alone-time-for-you-is-good-for-your-kids_b_6852344)





### Gather Your supplies

f small glass jars (recycled from tomato sauce and paste, pickles, jams etc.)

f sunny colored tissue paper

f modge podge

or watered down white glue

f paint brush f tea light

### Let's Begin

Roughly shred and rip the tissue paper into little strips

Place the modge podge or watered down glue into a shallow bowl

Spread glue onto the jar with the paint brush (or your fingers!) and then add the tissue paper until the jar is completely covered

Add another layer or modge podge or glue until the jar is covered and damp

Allow it to dry

Place tealight in it and light

We use this as a lovely blessing candle for evening dinners outside