

# Activity 1



# Activity 1

## Make your own bird feeder

Things you will need:

- Toilet roll tubing
- Peanut butter/ cashew butter
- Bird seed
- String
- Scissors
- Bamboo skewer
- Butter knife



Instructions:

Pour the bird seed into a tray that is bigger than the cardboard tubing.

Using the scissors, start by creating a set of small holes at the top of the tubing. Take the string and thread it through the two holes, tying a small knot on each side. (This will be used to hang the feeder to a branch or on a washing line)



Now using the skewer, push through the bottom of the tubing so that birds can sit on either side of the feeder—just like in the picture



It's time to add the peanut butter to the tubing. Using a butter knife, spread a thin layer of peanut butter across the tubing.



Immediately after doing this roll the tubing through the bird seed (try to do this straight away for best results).



Once this is complete, repeat the process if you wish to make more. This is an excellent way to bring wildlife to your garden



If you enjoyed this activity then why not check out the [messylittlemonster website](https://www.messylittlemonster.com/2020/03/peanut-butter-bird-feeders.html):

<https://www.messylittlemonster.com/2020/03/peanut-butter-bird-feeders.html>

Don't forget to post your creations on the Volunteer Facebook page

# Activity 2

Here's a simple recipe for making your own strawberries and meringue



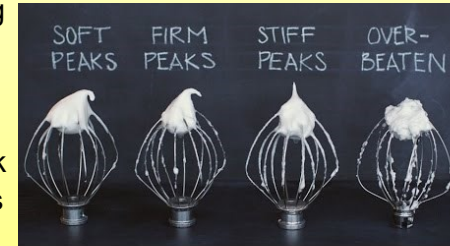
# Instructions

**Wash hands before beginning**

Preheat oven to 100C

Before beginning, line out a large baking tray with baking paper

In a bowl crack the eggs one by one separating the yolk from the egg white and whisk until soft peaks form (Tip: use an empty water bottle. With the bottle mouth over the yolk, squeeze the bottle and the yolk should suck into the bottle. Do this until all 8 eggs yolks have been separated)



Once the egg white have soft peaked like in the picture above, gradually add the caster sugar and whisk until stiff peaks are formed (Tip: remember to gradually add the sugar and see the picture above to know when you have whisked enough)

Spoon the mixture into the piping bag and line out 16 pieces of meringue onto the pre-lined baking tray

Place in the oven for 20 minutes

After 20 minutes, turn off the oven but leave the meringues in the oven for at least 2 hours so they turn crispy

For the filling, mix together the cream and icing sugar in a bowl until soft peaks form when you remove the whisk and fold in the strawberries

Time to serve! Place the meringue on a plate, add the whipped cream and strawberries and sandwich them with another meringue



*For the meringue:*



200g

Caster sugar



8 Eggs

(whites only)

*For the filling:*



400ml Double



2 tablespoons  
Icing sugar



250g  
Strawberries  
(halved and  
quartered)



You will need a  
piping bag



# Resources



## Motivational Quotes



### Ever tried meditation?

Check out the Wildmind Meditation website which has many free meditation guides for you to explore. Doing meditation is a technique that allows you to relax your mind from life's stresses. It allows you to focus on things such as breathing to help ease and relax your mind. Wildmind Meditation have a variety to choose from so be sure to check it out. The link is below:

<https://www.wildmind.org/>

### The History of Nottingham

Do you know much about the city you live in?

Why not take a read about the history of Nottingham and delve deep into why our city in the heart of the midlands is so wonderful?

Take a look at the link below to explore to unravel our history. There are even photographs of the city stemming back to 1906!

<https://www.francisfrith.com/uk/nottingham/history>



KNOW THAT DEEP  
INSIDE, YOU ARE  
RESILIENT, BRAVE  
AND SO MUCH  
STRONGER AND  
MORE POWERFUL  
THAN YOUR FEARS.

the  
struggle  
you're in  
today  
is developing the  
strength  
you need for  
tomorrow

Knowledge of what  
is possible is the  
beginning of Happiness