

ADVENTURE
JOURNAL

50

THINGS
TO TRY

IN THE

WINTER

Activities for chilling, crafting, giving, making, wishing, wrapping, celebrating, hibernating, ice-cool SUPERSTARS! Full of super-creative ideas and activities, plus some space to add your own, the pages of this journal-style book will help you find the wonder in winter.



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GIBBS SMITH

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KIM HANKINSON



FILM
Pretend you are looking through an old-fashioned film camera!

SOUNDS LIKE

BOOK

HOW TO USE THIS BOOK

This book is full of daring-looking-thinking-listening activities everyone can try. Starting on any page, do as many activities as you can fit into a day and in any order you like.

The activities are color coded to help you choose what sort of activity you would like to do. Match the activity key below with the colored circle in the contents list opposite or the colored circle enclosing each page number. There are extra pages for notes and doodles throughout the book.

Have fun and enjoy the winter delights!

ACTIVITY KEY

- EXPLORE
- DARE
- MAKE
- CREATE
- SKILLS
- CAREFUL!

Always ask an adult when you see a red warning symbol.

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CORRECT!



HOW MANY WORDS?
Show with your fingers.

NUMBER OF SYLLABLES
Tap arm with your fingers.

CHARADES!

Use these signals to help you mime a film or book title without talking. You have one minute. Go!

10 out of 10!

Practice these training positions used by figure skaters. No ice required!

SQUATS

Do these to prepare for a "sit spin" where you squat on one leg and hold the other leg straight out in front of you! You will need very strong legs!



STAR JUMPS

Train your body for the incredible split jump, which is an extreme star jump . . . on ice!



LUNGE

A lunge off the ice is pretty much the same as a lunge on the ice, just a little slower and much easier for beginners! This will help you balance.



Mug Hug

Make your own super delicious hot chocolate powder, then add dairy or nut milk.

SUGAR

3 heaping teaspoons

COCOA POWDER

1 heaping tablespoon

GIFT A HUG

Use an old jar and fill it two thirds with cocoa powder and one third with sugar. Add a teaspoon of salt, mix, close tight, and add ribbon!

PINCH OF SALT

HEAT IT!

Be gentle. Do not let it boil.

WHISK IT!

This will get out all the lumps and make it super creamy.

1 MUG OF MILK

Nut milk or dairy! Either works well.

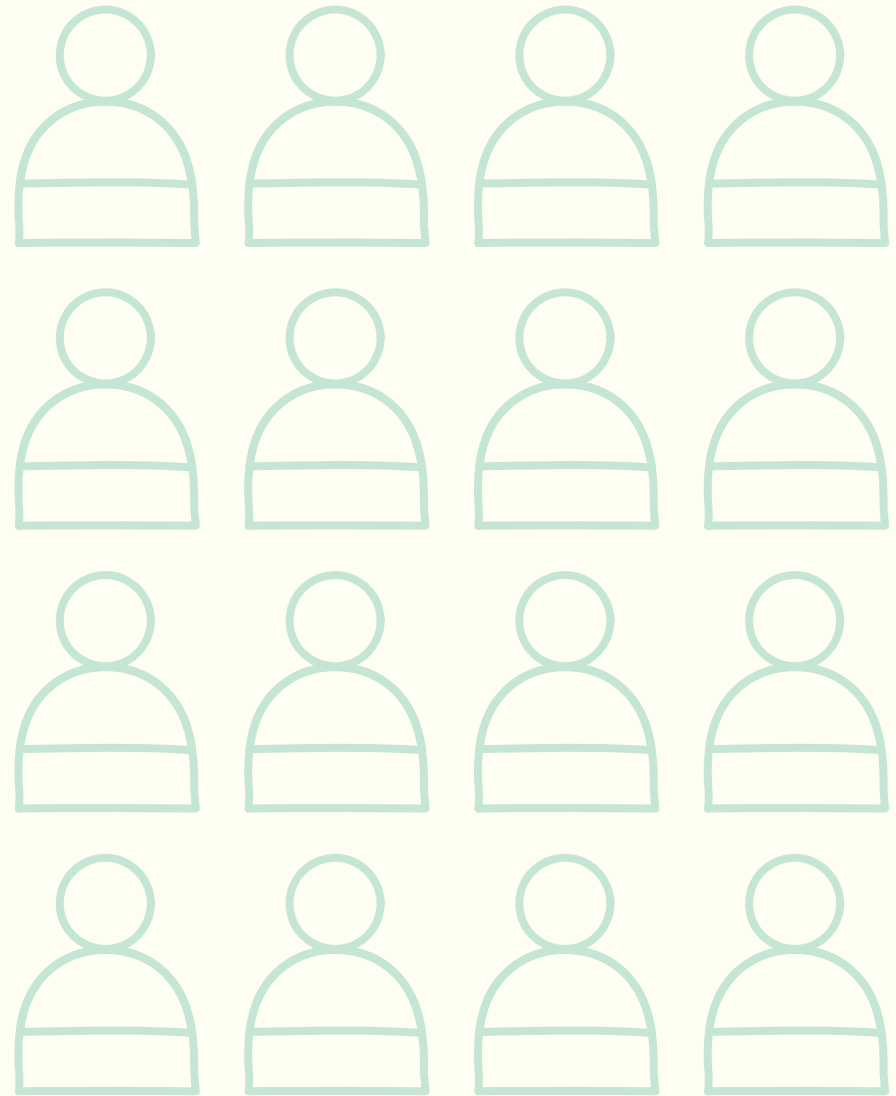
Night Light

Take pictures of outdoor lights when it is dark. Look for twinkling decorations, dazzling signs, and bright shopfronts.



New Hat

Spot woolly hats on other people's heads and copy the designs below. Collect as many patterns, colors, and details as you can.



DAILY DARE

There are lots of stars to choose from in the winter. Make a wish on one!



Snowballs

Make these snowball treats.

Ask an adult!

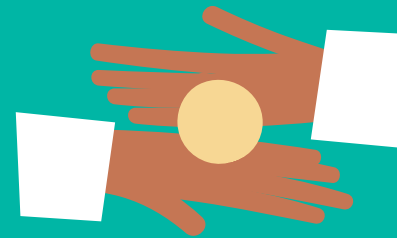


1 1/4 CUPS ALMOND FLOUR
5 CUPS COCONUT FLAKES
1/8 CUP MILK (DAIRY OR NUT)
3/4 CUP HONEY



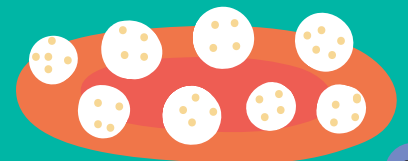
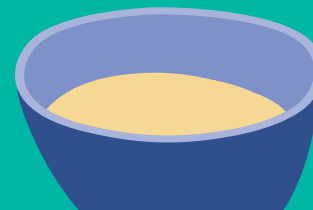
1. Put all the ingredients in a blender and mix on a low setting until it goes all doughy!

2. If it is crumbly, add a little more milk. If it is runny, add some more almond flour.



3. Put the dough in a bowl. Using your (clean!) hands, take pieces and roll them into small balls.

4. Roll each ball in a little more coconut and put them in the fridge for an hour before eating. Keep any leftovers in the fridge.



DAILY DARE

Using your imagination, make up a story starting with . . .

It was a starry winter's night . . .

THINGS YOU COULD INCLUDE:



COLD MOUNTAIN



WINTER FOX



ICE CAVE



LOG CABIN



MAGIC WISH



NUTCRACKER



PENGUIN



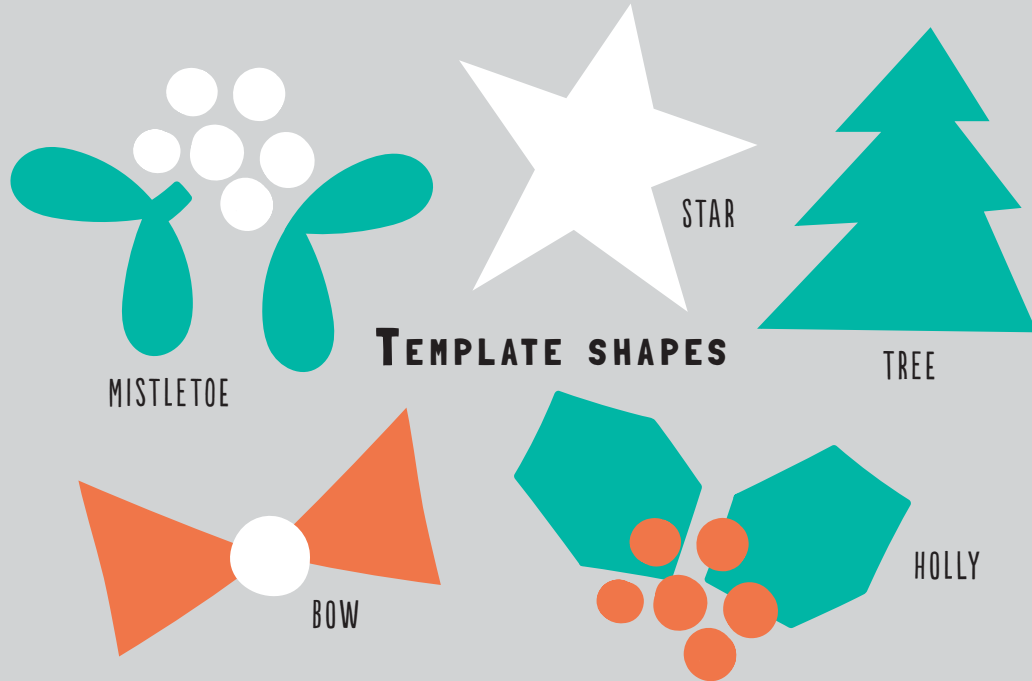
VELVET CAPE

A large sheet of white paper with horizontal dotted lines for writing, resembling a scroll or notebook page.



Winter Wrap-up!

Make your own personal patterned paper for wrapping up winter gifts.



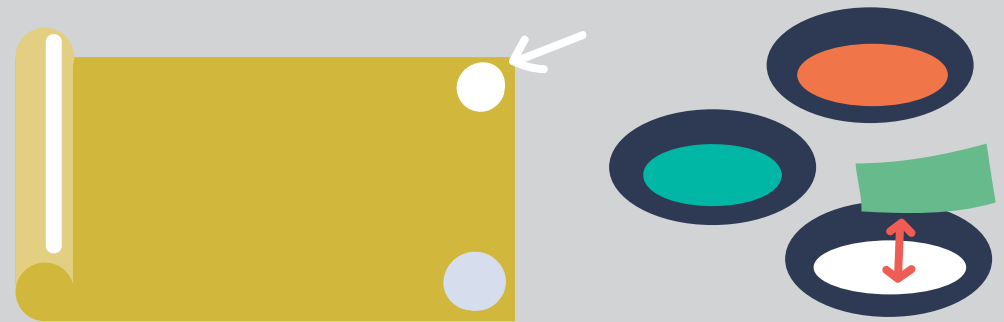
TEMPLATE SHAPES

YOU WILL NEED:

- SHEET OF CARDSTOCK
- PENCIL
- SCISSORS
- PACKING PAPER
- STONES (OR SOMETHING HEAVY)
- ACRYLIC OR POSTER PAINT
- SAUCERS OR SMALL PLATES
- SPONGES

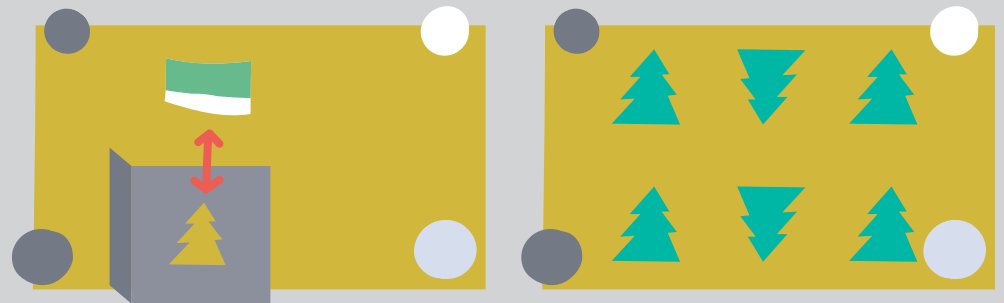


1. Copy a shape onto cardstock. Cut around the shape in a rectangle. Now cut the shape out. Fold up the edge at one end. Make one stencil for each color you want to use.



2. Lay some packing paper flat. Weigh the corners down. Pour a small amount of each paint color you want to use into its own saucer.

3. Dab a sponge into the paint color you want to use first. Keep dabbing gently until the bottom of the sponge is evenly covered in paint. Not too much or too little!



4. Hold the edge of the template with one hand and lay your stencil flat against the paper. Now dab the paint on with the sponge. Do this gently. You will have to dab a few times to get an even layer.

5. Repeat to create the pattern. Do not lay your template on wet paint. Allow the artwork to dry before adding a new color. Dry before use!