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Valentine's Activity Pack



Simple quilling

Curling the paper



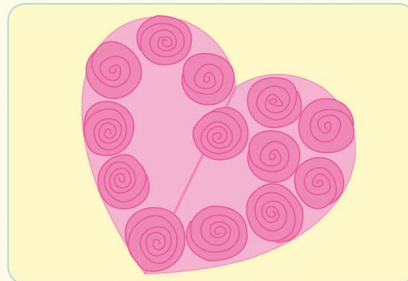
1. Cut a rectangle, about the size of a postcard, from thick paper. Lay a pencil along one edge and roll the paper around it.



2. Pull the pencil out of the paper. Then, roll the paper again as tightly as you can between your fingers along a flat surface.



3. Cut the rolled paper into slices. The slices get flattened by the scissors, so gently squash them back into circles.



4. Cut a heart from paper. Dip the bottom of a rolled circle into some glue and press it onto the shape. Then, press on lots more.

Leaves



To make leaves, fold a small piece of green paper again and again. Cut the paper into slices. Glue them in between the flowers.



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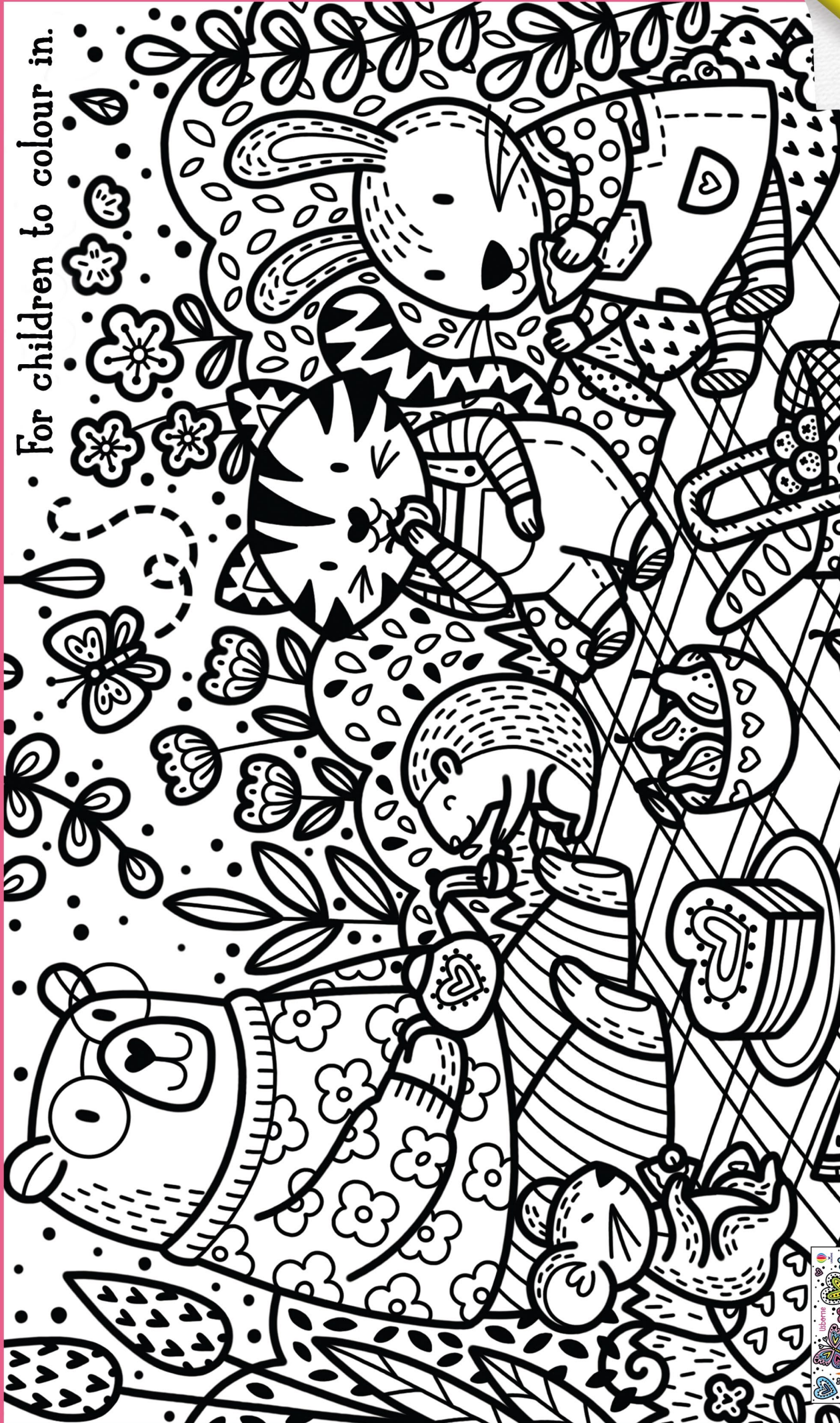
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For children to colour in.



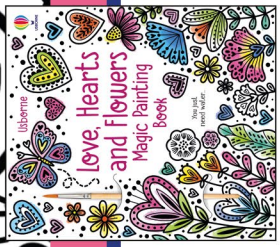
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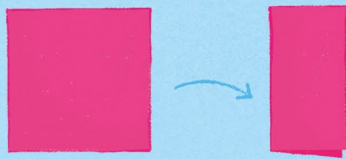
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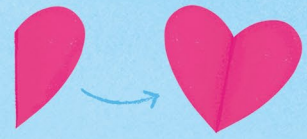
Make a heart bouquet picture



- 1** Cut a square of paper about as wide as four fingers. Fold it in half.



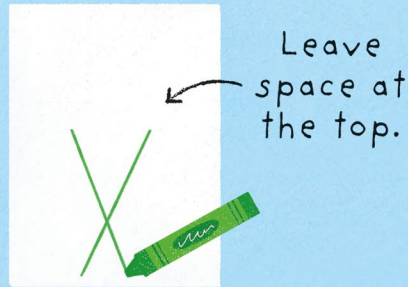
- 2** Draw a curved line like this...



- 3** ...then cut along the line and unfold.



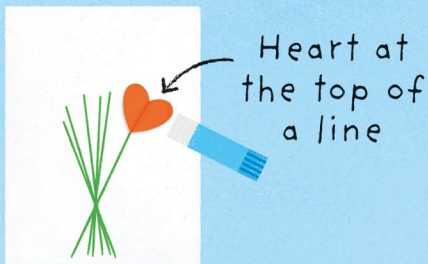
- 4** Do steps 1–3 again to make more hearts.



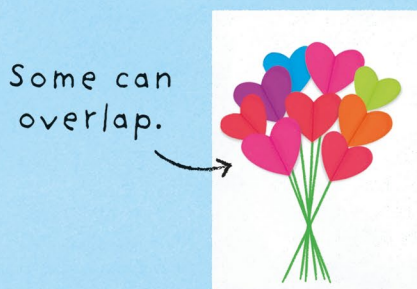
- 5** Draw two crossing lines on paper.



- 6** Add more lines between them.



- 7** Put glue on one half of a heart, then stick it on. The other half will pop up.



- 8** Repeat step 7 until each line has a heart at the top.



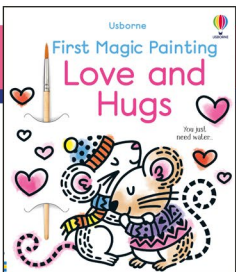
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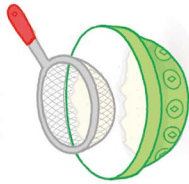
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Blueberry scones

Sam can mix these scones all by himself, just by stirring coconut milk into flour. If there's no coconut milk in the cupboard, Mrs Boot uses milk and butter instead – find out how in 'Variations' on the opposite page.

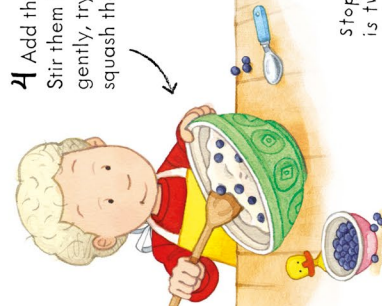
1 Heat the oven to 220°C (200°C for fan ovens) or gas mark 7. Line the tray with baking paper.



2 Sift the flour and baking powder into a big bowl. Add the sugar and stir it in.



3 Mix in the coconut milk, until you have a soft dough.



4 Add the blueberries. Stir them in really gently, trying not to squash them.



5 Dust a clean surface with flour. Tip on the dough. Use your hands to pat it into a ball.



6 Dust a rolling pin with flour. Put the dough on the surface and roll it out.

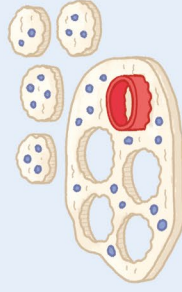
Stop when the dough is twice as thick as your little finger.

Makes around 8

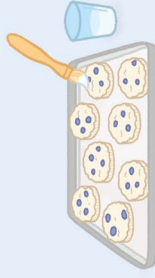
Ingredients

- 175g (6oz) self-raising flour
- ½ teaspoon of baking powder
- 1½ tablespoons of caster sugar
- 8 tablespoons of coconut milk
- 50g (2oz) fresh blueberries
- a little milk or plant-based 'milk', for brushing

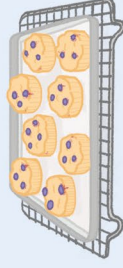
You will also need a baking tray and a 6cm (2½in) round cutter.



7 Use the cutter to cut out lots of circles.



9 Put the circles on the baking tray. Brush the tops with the milk.



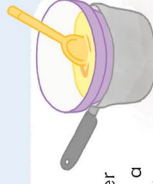
10 Bake for 8-10 minutes, until risen and golden. Put the tray on a wire rack to cool completely.



8 Squeeze the scraps into a ball. Roll it out and cut more circles, until it's all used up.



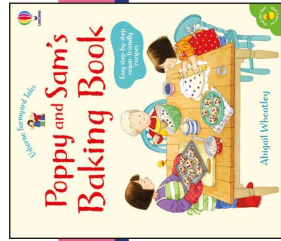
A 6cm (2½in) cutter makes little scones, but you can use a bigger cutter.



Variations
Instead of coconut milk, use 50g (2oz) butter and 5 tablespoons of milk. Put the butter in a heatproof bowl over a pan of hot water. Stir until it melts.

Remove the bowl carefully using oven gloves. Leave to cool for 5 minutes, then stir in the milk. Add at step 3.

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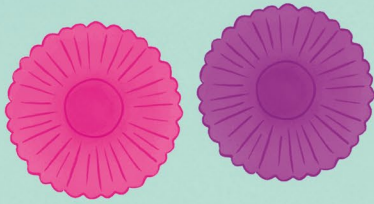


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Make cupcake-case birds

...with heart-shaped wings.



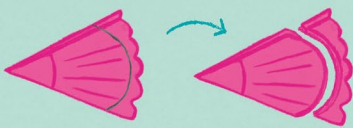
- 1** Flatten two cupcake cases.



- 2** Fold and glue them both in half.



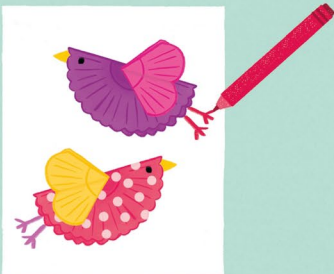
- 3** Fold one of them in half and half again.



- 4** Draw a curved shape like this and cut it out.



- 7** Glue the wing on top like this.



- 8** Use a felt pen to add details.

- 5** Unfold it once to make a heart shape.

Wing



- 6** Stick the other case on a piece of paper.



Make as many birds as you like to fill your paper.



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