

A Snowman's Request

I am a snowman with a kind heart.
Please, build a snowman like me.
Start kindness flowing all through your town
Simply by doing one good deed.



A Child's Answer

Build a snowman in your yard,
and show that your town has Heart.
Gather together and share with others
the fun of doing kind deeds for another.

for Kids, Scouts and Grownups

Some suggestions...
Donate to a food shelf.
Shovel snow for a neighbor.
Sort your toys and clothes and donate
to a non-profit in your local area.
Pitch in and help at home with chores.
Invite a classmate or neighbor
to join with you and your friends at play.

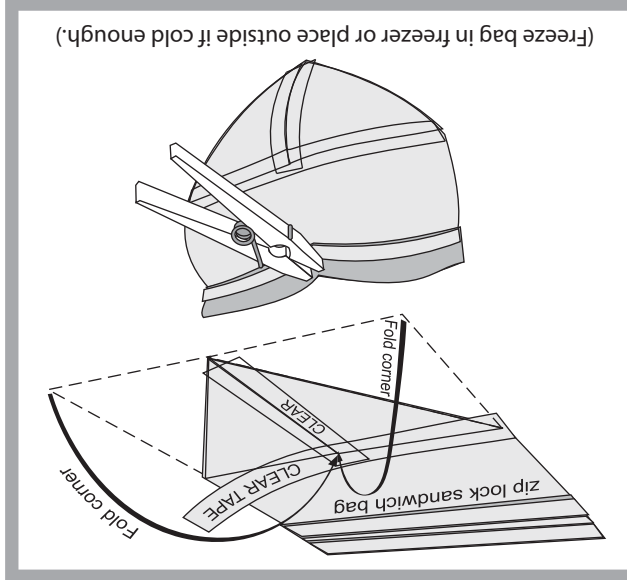
Snowman with a Kind Heart

Supplies you will need to make a kindness
heart for your snowman:

1. Zip Lock **sandwich size** plastic bag.
2. Water
3. Red and blue food coloring to make purple water. (Or purchase purple food coloring)
4. Scotch tape
5. Spring clothespin or chip clip

Make the kindness heart the night before
you build your snowman.
See Diagram:

1. Make kindness heart container
 2. Turn lower corners inward until they meet.
 3. Tape in place at center and top of folds.
- Instructions continue...



5. Have fun and build your snowman. Carve a cavity for the frozen heart. Place heart in cavity; pack snow around it to keep it in place.

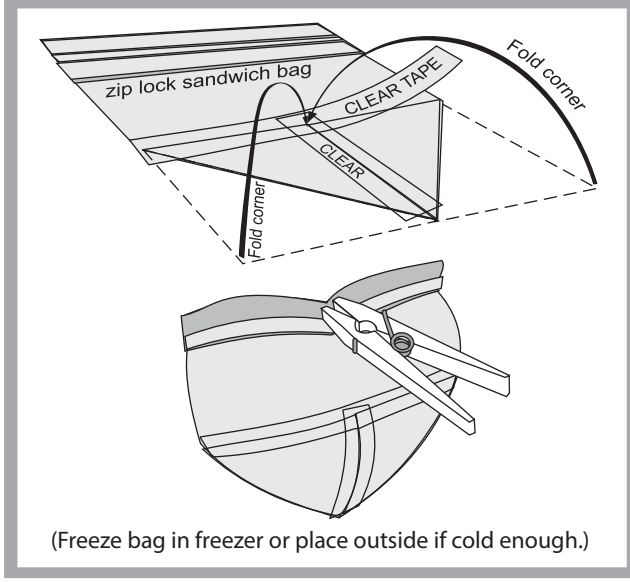
1. Put $1\frac{3}{4}$ cups of water in a glass measuring cup
2. Drop one drop of red food coloring into the water. Add 3 drops of blue food coloring. Stir until you get a purplish color (adjust to your desired color or purple using a 1 to 3 ratio).
3. Pour water into the heart shaped bag. SEAL! Double check that zip lock is securely sealed! Pinch bag together slightly at center and place a clothespin or chip clip right in the middle of the top portion of the bag giving it a heart shape.
4. Put bag in a flat dish (with sides) having clothespin side facing upward. FREEZE SOLID. Trim around upper portion of plastic zip lock area only. Leave plastic bag on the frozen heart or remove plastic bag if desired.

Kindness Heart-Instructions continued...

Kindness Heart-Instructions continued...

- Put 1¾ cups of water in a glass measuring cup
- Drop one drop of red food coloring into the water. Add 3 drops of blue food coloring. Stir until you get a purplish color (adjust to your desired color of purple using a 1 to 3 ratio).
- Pour water into the heart shaped bag. SEAL! Double check that zip lock is securely sealed! Pinch bag together slightly at center and place a clothespin or chip clip right in the middle of the top portion of the bag giving it a heart shape.
- Put bag in a flat dish (with sides) having clothespin side facing upward. FREEZE SOLID. Trim around upper portion of plastic zip lock area only. Leave plastic bag on the frozen heart or remove plastic bag if desired. Return heart to freezer until needed.

5. Have fun and build your snowman. Carve a cavity for the frozen heart. Place heart in cavity; pack snow around it to keep it in place.



Instructions continue...

1. Make kindness heart container
 2. Turn lower corners inward until they meet.
 3. Tape in place at center and top of folds.
- See Diagram:
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for Kids, Scouts and Groups

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Follow the instructions in this booklet.



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