

PROVIDE SUPPORT

Perfect Mac & Cheese:

<https://tastesbetterfromscratch.com/homemade-mac-and-cheese/>



Supplies:

- 1/2 lb uncooked elbow macaroni, about 1 ½ cups
- 3 tablespoons butter
- 2 tablespoons all-purpose flour
- 1/2 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 1/2 cups milk, any kind
- 3/4 cup half and half
- 2 1/2 cups shredded cheddar cheese

Instructions:

1. Preheat to 325 degrees and lightly grease a square baking dish.
2. Slightly undercook the macaroni noodles (about 1 minute under al-dente). Drain and set aside.
3. Melt the butter in a medium saucepan over medium heat. Blend in the flour, salt, and pepper. Cook for 2 minutes.
4. Stir in milk and half-and-half, slowly, stirring constantly. Remove from heat. Add 1 cup shredded cheese to the sauce and stir just until melted. Add the cooked macaroni noodles and toss to coat them in the sauce.
5. Pour half of the pasta mixture into the prepared baking dish. Sprinkle ½ cup of cheese over the top. Pour the remaining pasta over it and sprinkle with the remaining cheese.

String Art:

<https://feelslikehomeblog.com/step-by-step-string-art-tutorial-for-beginners/>



Supplies:

- 12"x12" stained or painted softwood (pine or plywood)
- Linoleum nails
- Download a string art design template
- Marker or pencil
- A ruler
- Small hammer
- Small pliers (jewellery pliers)
- Yarn or colourful threads
- Hanging hardware
- String Art Kit

Instructions:

1. Paint or stain the wood if you have not found a solid block of pre-painted or stained wood.
2. Add your hanging hardware to the back of the board.
3. Cut out your pattern and place it on the board. Use double-sided tape if you need to, to keep it in place, as it can slip around.
4. Using your marker, make small dots along the perimeter of the shape/design you are creating, just outside the paper pattern, the whole way around.
5. Next, measure the nails around the outside of the board (in the example they are approximately ½" apart).
6. Remove the pattern and begin hammering the nails in. It is easier if you use jewellery or needle nose pliers to hold the tiny nails, to ensure they are not crooked or slip while hammering (or hitting your fingers!). If the nails are slightly crooked it is not a problem, the design will still work!
7. Begin stringing the yarn or heavy crochet thread by tying it to a nail. Tie the yarn the same as you would tie your shoes, and tie it twice to avoid it unravelling later.
8. Continue to string the yarn back and forth between the nails on the outside and the inside. Note that you cannot just go one-for-one all the time, especially around the points of the star (in the online example). You will sometimes have to wrap two outside nails around the same inside nail or two inside nails around the same outside nail. Just do your best to keep each section together.



Make Your Own Journal:

<https://www.thecountrychiccottage.net/kids-craft-make-your-own-journal/>



Supplies:

- Online Printable Journal Kit
<https://www.100directions.com/free-printable-journal-kit-for-kids/>
- Crayons, markers, coloured pencils, etc.
- Scissors
- Glue Stick (works best)
- Decorative Tape (like Washi tape)

Instructions:

1. Print out all the pages in the journal kit. You can print out as many pages as you'd like to add to your journal – feel free to make it bigger or smaller based on your child. We printed out 2 extra sets of each page type. There are no "blank" pages in the printable kit because the back of every page is already blank. You can use the printable pages as a template to cut out pages from your own paper too.
2. Cut out all the pages, cover, and "stickers."
3. Add pages to your DIY journal. To do this, fold the cover down the middle. Then place one page on the right side, inside the cover. Using a pattern strip that you've colored (this is included in the kit), apply glue to the patterned strip. Place the strip down the middle of the inside of the cover, overlapping the left edge of the page.
Repeat this process with every page you want to add. You can also use decorative tape instead of gluing the paper strips.
4. You can also speed up the page-adding process by simply placing all the pages inside the cover, closing the cover, and stapling along the edge.
I like using the "tape" method because it adds a little more fun to the inside of the journal, and the book opens as a real book would.
5. Colour the pages, and cover, and decorate how you'd like. All the extra little words, stars, etc. are stickers you can colour and glue wherever you'd like to decorate the book.
6. For an extra decorative touch, use one of the paper pattern strips to decorate the spine of the DIY journal. Colour it and then glue it to the center of the cover, with the cover laying open and flat.