



Lockdown Love Box 'cause kindness is infectious



Kindness is infectious and now more than ever our family, friends & neighbours need to be reminded how much we care about them. Spread the kindness with this simple 3 ingredient recipe. Bake, create and deliver. Don't forget to leave a note or a copy of this recipe, so the person/people you have made your *Lockdown Love Box* for can make one too and brighten someone else's day.

This recipe will not only fill hearts, whilst baking, children will grow their brains by learning about maths, language and science. Preparation time is 10 mins and cooking time 18 mins. Decorating time depends on how creative you wish to get. 😊 Makes approximately 18 cookies using a 6.5cm round circle cookie cutter.

Ingredients:

- 1 cup (240g) butter (room temperature)
- 1/2 cup (60g) icing sugar (sifted)
- 2 cups (300g) all purpose flour
- Sugar paste icing for decorating
- 225g white chocolate melts for decorating
- Cookie embossing set (we used Wiltshire letter and number press from Coles)

Method:

- Preheat your oven to 180°C and line a baking tray with baking paper (eg. Glad Bake).
- In a large bowl cream together the soft butter and sugar with an electric mixer until light and fluffy.
- Add in the flour and mix until the dough just comes together.
- Turn the dough out onto a counter dusted with powdered sugar and gently roll the dough into a long log.
- Wrap the log of cookie dough in plastic wrap and allow it to firm up in the fridge for 30 minutes.
- Once the dough is firm, roll out onto cutting board or your counter - you can cover this with some icing sugar to stop the dough from sticking. Place a round circle cutter into dough and cut out circles. Place each round circle on your baking tray and bake for 16-18 minutes or until just golden.
- Allow to cool slightly before transferring to a cooling rack.



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Decorating:

- Whilst cooling, colour your sugar paste icing working the colouring it into the icing.
- Tip: Kids will love this as it's just like play dough. Food preparation gloves will help colouring from getting onto kids' skin but it does wash off if you don't have gloves.
- Once the food colour is absorbed, roll icing out onto flat surface. You can cover the surface with icing sugar if it's getting sticky.
- Using your circle cutters, cut out round circle shapes.
- Using the embossed letters choose your sayings and press into each round circle.
- Once cookies are cool. Melt some white chocolate.
- One cookie at a time, drizzle melted chocolate cookie and spread over the cookie surface. Place your sugar icing round circles with a saying on top of the melted chocolate.
- Leave to cool and harden.
- Place in box and spread the kindness by delivering your box to someone special.
- Cookies can be stored in an air-tight container for up to 3 days.

Cookie Sayings:

- Always believe
- Kindness is infectious
- Keep smiling
- You are amazing
- You are loved
- You make the world a better place
- You're a tough cookie
- You've got this



Label for your Lockdown Love Box

- Print and cut out the below label and stick on your box. If you don't have a printer, copy the words and make your own label. Remember to include the recipe so the special person/people you are delivering your *Lockdown Love Box* to can also spread the kindness and make a box for someone else. You can find a copy at <https://www.interaxcity.com.au/lockdownlovebox>





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Grow young brains

- Language: Talking about letters & shapes helps describe the world around us, opening up new and exciting avenues for verbal communication. Talking about letters and sounds helps children to recognise what the letters look like or how they sound. For older children, identifying the sounds and finding the correlating letter/s will help with spelling the words.
- Language: Labelling ingredients increases a child's vocabulary. Kids also have to follow directions which enhances receptive language skills.
- Reading & Comprehension: When cooking with your children, read the recipes together. For the younger kids, start with the numbers such as "2" cups of flour. For older kids, have them read each step then follow the directions. This also helps enhance reading comprehension.
- Confidence: Cooking with kids develops their confidence. Stir the cookie mix, measure one cup of flour, roll out the dough...all of these cooking tasks help kids develop necessary academic, cognitive and motor skills.
- Fine motor skills: rolling the dough and using cookie cutters are all great ways to enhance a child's fine motor strength and control.
- Maths & Problem Solving: Count the cookies together. Then work out how many round circles need to be made from icing. Once you have cut a few icing circles, discuss how many might be left to make. Depending on your child's age you can simply count the remaining cookies or pair the cookie with the icing round to see which ones are left.
 - For older children, try simple subtraction. If we have x cookies and x icing rounds, how many icing rounds do we still need to make?
 - You can use a number line like the image below to help calculate the answer. Place a circle around the number of cookies you have baked. Using a different colour pencil, place a circle around the number of icing rounds you have cut. Work out the difference between the number of cookies baked and the icing rounds.

