

# The joy of giving

Why not try being 'Father Christmas' to someone in your neighbourhood or family who needs a smile at the moment.

Have a go at our biscuit recipe - decorate them and wrap them and add a gift tag, before dropping them off with a smile!!

(Remember to take an adult and follow social distancing guidelines for your area)

## You will need...

100g soft unsalted butter

100g caster sugar

1 egg

1 tsp vanilla extract

275g plain flour  
(plus extra for dusting)

Cookie cutter

Baking Paper

Writing icing to decorate

When I was in primary school, one of my favourite teachers had a poster on her classroom door that said this:

'If you see someone without a smile, give them one of yours!'

There is a well-known saying that says, 'it is better to give than to receive', but did you know it has been proven by science to be true? Research has shown that kindness can reduce stress and improve our well-being.

Try it out today! Like the poster said, we don't have to give expensive gifts – a smile or a kind word can be so valuable.

- Preheat your oven to 190 degrees C and line a baking tray with baking paper
- Cream the softened butter with the sugar in a large bowl until light and fluffy
- In a mug, beat the egg with the vanilla extract
- Add the egg to the butter and sugar mix a little at a time, until it comes together to form a dough
- Roll out the dough on a lightly floured worksurface until it is about 1cm thick
- Cut out shapes with your cookie cutter and place on your baking tray.
- Bake for 8-10 minutes until they are lightly browned.
- Cool on the tray for 5 minutes, before placing on a cooling rack to cool completely
- Decorate – taste – wrap and give as a gift to make someone smile!

