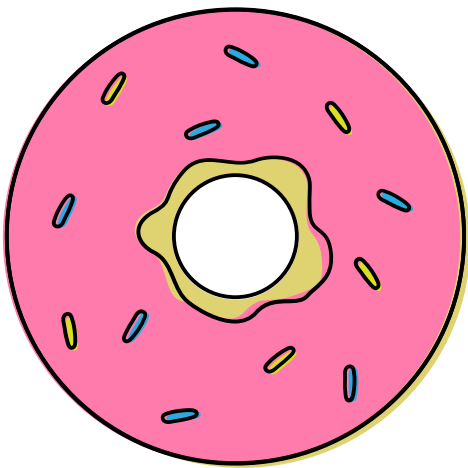




PAPER PLATE DONUT

Lesson of the Day:

Celebrate the little things, the silly things, the happy things! So often our brains focus on all the bad stuff, both big and small, and we forget all the things that make us happy. What treats make you happy? Don't forget to treat yourself from time to time and to remember all the little and big things that make you happy. Like donuts!



Materials:

- Small paper plates (2 per student)
- Scissors
- Stapler
- Paint (brown/tan and other colors)
- Decorations (sprinkles, pom poms, glitter/glitter glue, etc.)

Instructions:

1. Discuss the lesson of the day with your students. Talk about what it means to them.
2. Cut a hole in a paper plate. Stack on top of another to trace the hole so they match up. Cut that donut hole out too!
3. Staple the plates to each other so they are 3D.
4. Have students paint their donuts, thinking about flavors and icing.
5. Have students add glue to the dried painted donuts and decorate them. They can use sprinkles, pom poms, glitter/glitter glue, etc.