

Compassion Camp Crunch: Session 1

A recipe for compassion!

Ingredients:

All ingredients can be modified to what you have at home - you can't go wrong.

- 1 cup of Happiness (Pretzels)
- 1 cup of Patience (Cheerios)
- 1 Box of Understanding (Raisins)
- ½ cup of Peace (M&Ms)
- ½ cup of Love (Chocolate Chips)
- ½ cup of Hope (Mini Marshmallows)
- ¼ cup Strength (Sunflower Seeds)



Materials:

- Measuring cups
- Mixing Bowl
- Wooden Spoon
- Ziplock Bags

Directions:

1. Add the following to your bowl and stir.
 - a. Happiness
 - b. Patience
 - c. Understanding
 - d. Peace
 - e. Love
 - f. Hope
 - g. Strength
2. Store your Compassion Crunch in a bag or enjoy immediately.