

Road to Emmaus - worksheet

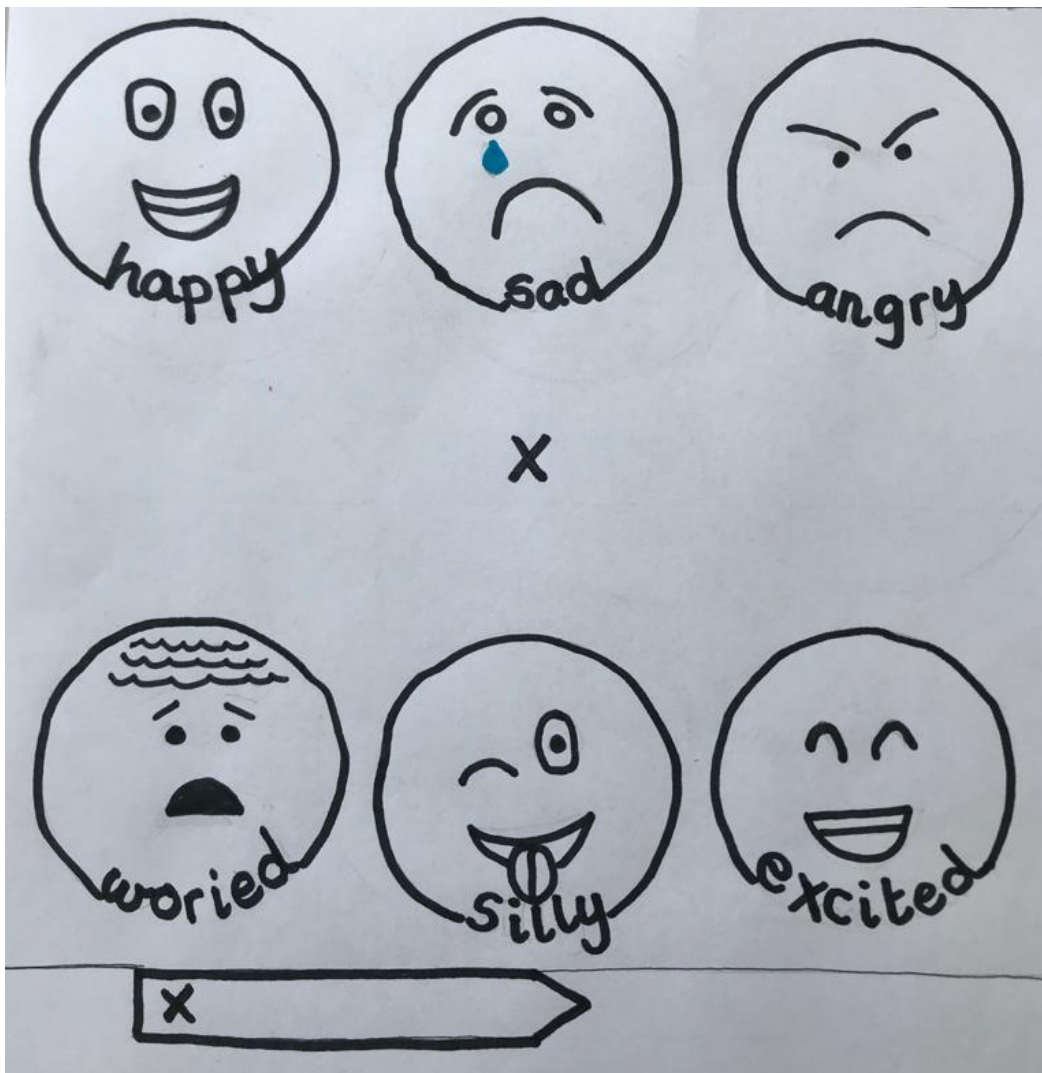
Activity 1: Make a feelings chart:

Equipment:

Drawing pin

Method:

- . cut out the feeling chart along the lines shown.
- . carefully cut out the arrow and make a small hole in it at the place of the cross.
- . on the chart make a small hole at the site of the cross and with your drawing pin put the arrow onto the chart and affix with the butterfly clip.



Activity 2: Vanilla biscuits with faces on them.

Ingredients:

- . 125g unsalted butter. Cubed and at room temperature.
- . 80g caster sugar
- . 1 tsp vanilla essence
- . 115g self-raising flour
- . 100g plain flour
- . 2 tbs milk
- . wooden spoon
- . tray greased
- . spatula, fork

Method:

- . grease tray and put oven on to 160'
- . beat the sugar, butter, and vanilla essence together or use an electric beater
- . sift the flours together
- . add half into the mixture, use the wooden spoon to mix well
- . add milk and mix well
- . add remaining flour, mix well. If need be, use your clean hands
- . dough should be soft that leaves the side of the bowl and doesn't stick to your hands.
- . roll tablespoons of dough into balls and the place the balls about 4cm apart on the trays
- . flatten the biscuits with a fork, your fingers or a rolling pin
- . chill in the fridge for 20 mins
- . cook for 18-20 mins until golden brown.

. wait about 3 mins for them to cool slightly and remove them from the tray to a wire rack to cool completely

. These biscuits can be stored for a month in an air tight jar.