

# THE FAMILY SUNDAYS RUBIN AT HOME

## YAWNING YETI

### ABOUT

The Yeti is a snow creature that lives in the Himalayas. This mythical creature is an important part of the indigenous folklore and mythology of the region. Learn more about the Yeti and make your own Yawning Yeti sculpture by mixing and sculpting materials found in your kitchen cabinet!

### MATERIALS

1. Large bowl or mixing bowl
2. Baking tray or clean, hard surface
3. Baking soda
4. Cornstarch
5. Water
6. Toys or child-friendly kitchen utensils such as spoons and cookie cutters (optional)



Pilgrimage Map of Wutaishan  
China, 1846



## INSTRUCTIONS

- Step 1** In a large bowl, combine equal parts cornstarch and baking soda and mix together. The more of each ingredient you use, the more snow you will create!
- Step 2** Slowly add in water and stir until the mixture begins to feel like fluffy snow. The amount of water you use depends on how much cornstarch and baking soda you started with.
- Step 3** When you are done mixing, pour your snow onto a baking tray or clean surface.
- Step 4** Get to know your snow mixture using your senses! Place your hands in the mixture and move them around. Does it feel hot or cold? Soft or hard? Practice shaping the snow by taking a small amount and rolling it into a ball or snake shape. You can also use kitchen utensils like spoons or cookie cutters to create fun shapes.
- Step 5** Now it's time to make your Yeti! Squish, squeeze, and mold your snow into the shape of a Yeti or any other snow creature that you can imagine!

