

Baking sweet



Goals:

- Promote cooperation and teamwork.
- Creativity by decorating sweets.
- Create delicious pastries to enjoy.

Description:

Step 1: Planning and preparation

- Decide which participants will be involved, and make sure everyone is informed of the time and place.
- Choose which sweets you will bake, such as cookies, cupcakes or brownies.
- Get the necessary ingredients and tools, including flour, sugar, eggs, butter, baking powder, chocolate, colorants and decorations such as sprinkles or nuts.
- Prepare work surfaces and make sure the oven is preheated.

Step 2: Bake the sweets

- Follow the recipe carefully and let participants be active in measuring, mixing and shaping the dough or batter.
- Distribute tasks so that everyone has a role in baking, such as stirring, pouring, or shaping cookies.
- When the pastries are ready, let them cool before moving on to the decoration.

Step 3: Decorate the sweets

- Give participants the opportunity to be creative by offering different decoration options.
- Encourage them to decorate their pastries in a way that reflects their personality or the theme of the activity.
- Share tips and ideas for creating beautiful and tasty sweets.

Step 4: Enjoy the result

- Once the sweets are decorated and ready, invite everyone to taste them.
- Gather participants around a table and enjoy your sweets together.
- Encourage discussions about flavors and creative choices while eating.

Equipment:

- Recipes and ingredients for the selected sweets.
- Cooking utensils such as bowl, whisk, spoon, muffin tins, baking paper, etc.
- Oven to bake the sweets.
- Decorating materials such as sprinkles, nuts and candy
- Work surfaces and protective aprons.
- Serving dishes or plates to display the decorated sweets.
- Suggestions for different decoration themes or ideas.

The activity can be adapted to the size and preferences of the group. Baking sweets is a fun and creative activity that promotes cooperation and creates a positive atmosphere.



Time:

Time is depending on the selected sweets, the activity will take at least one hour



Alone or in a Group:

This activity is a group activity

Source: The activity is created with inspiration from models and ideas from national material banks: ([Äldreinstitutets material på svenska](#), [Hyvä mieli – Pohdintoja mielen hyvinvointiin -työkirja ikäihmisille](#), [Vahvike-aineistopankki](#)) and ChatGTP's proposal