

# DESSERT DECORATING!



## PURPOSE:

### Why?

Express yourself creatively and decompress with this Dessert Decorating Activity. Make homemade cupcakes/cookies or buy pre-made ones and decorate them with uplifting mental health messages and designs!

## HOW TO:

### Materials & Budget

#### Homemade Desserts

- Cupcake or cookie mix (\$10-20 depending on how many participants)
- Other ingredients the sweet treat calls for (\$10-20)

#### Pre-made Desserts

- Plain cupcakes or plain cookies (\$10-20 depending on how many participants)

#### Decoration:

- Vanilla Frosting (\$5-10)
- Food Coloring Dye (\$5)
- Sprinkles (\$5)
- Colorful candies (\$10-20)
  - M&M's
  - Skittles
  - Sour Patch Kids

## Instructions

- Plan a date and time to host a baking party and make all of the cupcakes/cookies or buy them pre-made at the store. **\*Important: Be sure to check in with your club about allergies and properly label all the desserts brought in!**
- Set up a table with the cupcakes/cookies and decorating materials.
- Don't be afraid to get creative!
- Have napkins on hand because it can get messy!

## Timeline

You will want a week before the baking party to collect all supplies. The baking party could last a few hours to finish baking the cupcakes/cookies. The actual activity of decorating these cupcakes/cookies out could take thirty minutes or longer.

## Impact

This activity is great for the entire club and it's a great way to bond while making something sweet. You could also open this up to the entire school community for a larger impact. You could also organize a bake sale to sell the goods you created!

## Example(s)

Example from RFKCH High School  
BC2M!



Materials you might need to decorate  
cookies!



Post photos from this activity to your club  
Instagram and tag @bc2mhighschool

