

Warm Apple Cider

Classroom tip:
Use a crockpot
and have it fill
the classroom
with fall aromas!

Ingredients

- 5 cups of apple juice
- 1 small orange (sliced)
- 1 cinnamon stick or 1 teaspoon of cinnamon
- 2 whole cloves 1 teaspoon of ground cloves
- 1/4 teaspoon ground nutmeg
- A pinch of ground ginger (optional)
- 1 tablespoon brown sugar or honey (optional, for sweetness)



Instructions

1. Combine Ingredients: In a medium-sized pot, pour in the apple juice. Add the orange slices, cinnamon, cloves, nutmeg, and ginger (if using). Stir to combine.
2. Simmer: Bring the mixture to a gentle simmer over medium heat. Once it starts to simmer, lower the heat and let it cook for 15-20 minutes, stirring occasionally.
3. Sweeten: Taste the cider and, if desired, add 1 tablespoon of brown sugar or honey to sweeten it.
4. Strain: If you prefer, strain the cider to remove the orange slices, cinnamon, and cloves before serving. An easy way is to line a strainer with a coffee filter.
5. Serve: Pour into mugs and enjoy the warm, spiced apple cider!

*Tips: if it is too sour, add more sugar and a pinch of salt. If it is too spicy add water or apple juice. If it's not spicy enough, add more spice!



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SEL Tip:

Patience - Talk about how the cider needs time to warm up and blend the flavors, just like how it takes time to build meaningful relationships.

Discussion Questions:

1. How does it feel to wait for something that's worth the wait, like this warm apple cider?
2. Can you think of a time when patience helped you make a new friend or solve a problem?
3. How does sharing something warm with others make you feel? What does that teach you about kindness?
4. How does the smell of the cider make you feel? Can you connect this feeling to memories of spending time with family or friends?
5. What's something you've learned that required patience and practice?

Writing Prompts:

1. Write about a time when you had to be patient while waiting for something exciting.
2. Imagine you're sharing a cup of warm cider with someone. Write about how you would make that moment special.
3. Write a story about a character who learns to be patient while making a fall treat.

Game:

Patience Relay - Have students race to complete a small task (like stacking blocks), but they must stop and wait for a set amount of time before they can continue. Talk about how patience can be practiced in different situations.

