

STARLIGHT'S CLOUD DOUGH



Image: Freepik

YOU WILL NEED:

- 8 cups of flour
- 1 cup of baby oil
- A large mixing bowl
- Food colouring (optional)

METHOD:

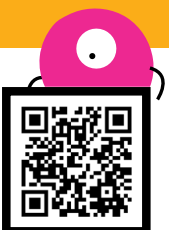
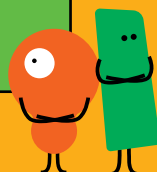
- 1. MIX THE FLOUR AND BABY OIL:** In a large bowl, combine the flour with the baby oil. Stir well to create a soft, crumbly dough.
- 2. ADD COLOUR:** If you'd like to add colour to your cloud dough, add a few drops of food colouring and mix until the colour is distributed evenly.
- 3. PLAY WITH YOUR DOUGH:** The dough should be soft and mouldable, but not sticky. You can roll it, make shapes and squish it for a fun sensory experience.
- 4. STORE IT:** When not in use, store the cloud dough in an airtight container to keep it fresh.

FUN IDEAS TO EXPLORE CLOUD DOUGH:

- CUSTOMISE IT!** Add spices, herbs, vanilla or almond extract, grated lemon or lime to enhance sensory play.
- ADD TEXTURE:** Mix in small items like glitter, small beads, rice, oats, or dried flower petals for a textured sensory experience.
- CREATE A SENSORY BIN:** Fill a shallow bin or tub with cloud dough and add small toys or figures for hours of imaginative play.

SAFETY FIRST:

All activities should be supervised by an adult. Be sure to check materials for wear, breakage, or choking hazards, especially with younger children. Always follow age-appropriate guidance and clean up after play.



Scan the QR code to
access further resources

STARLIGHT

TRANSFORMING CHILDREN'S HEALTH THROUGH PLAY

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