

STARLIGHT'S SALT DOUGH

YOU WILL NEED:

- 2 cups of plain flour
- 1 cup of salt
- 1 cup of water (you may not need all of it)
- Food colouring or paint (optional)
- Rolling pin and cookie cutters (optional)
- Baking tray and oven (for drying, optional)



METHOD:

- 1. MIX THE INGREDIENTS:** In a bowl, mix 2 cups of flour and 1 cup of salt. Slowly add water a little at a time while stirring. Keep mixing until it forms a dough that isn't too sticky.
- 2. KNEAD THE DOUGH:** Use your hands to knead the dough on a clean surface for a few minutes. If it's too sticky, add a bit more flour. If it's too dry, add a splash more water.
- 3. GET CREATIVE:** Now you can shape the dough into anything you like! Handprints, animals, ornaments, or anything your imagination can think of! Use cookie cutters, stamps, or just your hands.
- 4. TIME TO DRY:** Leave your salt dough to air dry for a couple of days or bake it in the oven at a low temperature (around 100°C / 210°F) for 1-3 hours, depending on the thickness. Make sure an adult helps with the oven!
- 5. DECORATE (OPTIONAL):** Once dry and cool, you can paint your creations or add glitter. Make sure to let the paint dry before playing with or displaying them.



FUN IDEAS TO EXPLORE SALT DOUGH:

MAKE KEEPSAKES: Make some gifts by pressing hands or feet into the dough. You could also write names or dates.

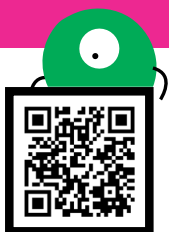
ADD COLOUR: Mix food colouring into the water before adding it to the flour for coloured dough.

SENSORY EXPLORATION: Use forks, leaves, shells, or toys to press patterns into your dough.

PAINT AND PROTECT: After decorating, you can seal your creation with PVA glue or clear varnish to help them last longer.

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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