

Messy Material Number 26:

Salt Dough

What you will need:

- 1 cup of salt
- 2 cups of flour
- $\frac{3}{4}$ cup of water
- Mixing bowl
- Rolling pin
- Cookie cutter
- Baking paper
- Baking tray

Messy Play Instructions:

- Make your salt dough in the mixing bowl by combining the salt and flour together and gradually stirring in the water - you want to form a doughy consistency that is not too sticky.
- Turn the salt dough out onto a lightly floured surface and knead it until it is soft and stretchy. This step is a great workout for your little ones developing hand muscles so let them get stuck in.
- Roll out the dough and cut out shapes using your star cookie cutter.
- Line a baking tray with baking paper and place the star shapes on the tray.
- Bake the stars in the oven at 180 degrees until they harden. The baking time will depend on the thickness of your stars. If they are thicker than 1cm you will probably need to turn them over during baking.

Look at all these fantastic activities you can create with salt dough!

