

FEEL GOOD FUN: HOMEMADE PLAY DOUGH

Bring on the imagination! You'll be having squishy-mushy fun in no time. With just a few simple ingredients, you'll be well on your way to big creations!



WHAT YOU NEED:

1 cup flour
1/2 cup salt
1/2 cup water

large bowl
measuring cups
spoon

food coloring (optional)



Be sure to ask an adult for help and permission before trying out this activity!

STEPS:

- 1 In a large bowl, mix 1 cup flour, 1/2 cup salt and slowly stir in 1/2 cup water. Tip: Mixture too dry? Add more water. Too sticky? Add more flour.
- 2 Mix ingredients with a spoon until dough is smooth.
- 3 Once dough is smooth, you can stop there and use it as play dough or add some color!
- 4 Want more colors? Separate dough into equal parts and roll into balls. With your thumb, press the middle of the ball to make a little bowl to add 5-10 drops of food coloring in.
- 5 Knead small balls of dough to mix in color. To keep colors separate, wash hands before moving to next color. Tip: To avoid stained hands, use gloves or put small dough balls and food coloring drops into a small plastic bag to knead dough and mix in color.
- 6 Once color is mixed in, you're ready to play!