

Rolling in the Dough

Stop spending money on store-bought play dough and make your own—you'll soon be rolling in the dough! You can always find our "standby" recipe on our website, or in our recently updated Welcome Booklet. Here are some other recipes for the long winter months ahead. You probably have most ingredients at home. Alum is sold in the spice department.

No-cook dough

Mix : 3 cups flour
1/2 cup salt
1 T powdered alum

Mix: 1 T oil, food coloring
2 Cups **very hot** water

Pour the wet mixture into the dry mixture and stir. After a few minutes, the dough will be cool enough to knead. Store cooled dough in airtight container for weeks.

Cornmeal Dough

1 + 1/2 cups flour
1 + 1/2 cups cornmeal
1 cup salt
1 cup water

Mix ingredients. Add more water if the dough seems too dry. Lasts for weeks in airtight container.

Jewelry Clay

3/4 cup flour
1/2 cup salt
1/2 cup cornstarch
Warm water

Mix dry ingredients. Gradually add warm water. Knead. Make dough ball beads & pierce them with toothpick to make hole. Allow balls to dry on rack. Paint them another day. String when paint is dry.

Experiment with add-ins! Instead of food coloring, add one of the following for color or scent.

- Cinnamon & cocoa powder smell great, & make lovely skin tones. Knead some into plain white dough.
- Unsweetened Kool-aid — for scent and color.
- Glitter adds a sparkle to a dreary day.
- Vanilla & other extracts offer new smells.

A batch of homemade dough makes a great, inexpensive gift!

Edible dough—great for young children who still experience life with their mouths.

Mix together:
1/4 cup brown sugar
1/4 cup peanut butter *
1 tablespoon granola (optional)

* Do not give peanut butter to children with peanut allergies.

Do the dough & watch them grow!

Let children discover dough on their own—no adult-made models needed! Introduce kitchen tools only after children have had a chance to roll, squeeze, pound, pinch and create.

Making something of your own creation soothes and satisfies. Look at the many benefits of play with dough:

- Stimulates creativity & imagination.
- Involves senses— touch, smell, and sometimes, taste.
- Develops fine motor skills & strengthens hand muscles.
- A fun way to introduce learning...colors, shapes, sizes, letters, numbers...

Dough is a great medium for parent and child activity!