



If You're Happy and You Know It

Salt Dough Handprint

INSTRUCTIONS

Materials

Salt dough - Salt (one cup)

Plain Flour (two cups)

Warm water (one cup)

Salt dough is a quick and easy alternative to play-doh or clay. Like clay it also has the benefit of keeping soft or being set hard (either air dried or in the oven). But obviously as there is such a high salt content it would be extremely dangerous for anyone to eat.

To make the salt dough, mix all the dough into a bowl and roll it together. If the mixture seems a bit too wet you can add a little bit of flour, or add a bit of water if too dry. Knead together until the dough is nice and pliable without being sticky.

Now roll the salt dough into a nice ball and flatten down so it is about $\frac{1}{2}$ inch thick. Then help your child to press their spread out hand (or foot) firmly in the middle of the circle.

It can now be dried in the oven or left to air dry in a warm dry place but that can take weeks. If you are drying out in the oven set the oven for its lowest setting then place with an aluminum foil sheet onto a baking tray. Leave until it has thoroughly dried out.

Once dried out and cooled, you can either leave it as is with just a coat of varnish (tempera varnish or PVA glue mixed with some water will do) or your child can decorate it with some tempera paint before varnishing.

Any salt dough that has not been dried out that is left over will last for a while if kept wrapped up in clingfilm, so it can be kept for another day for your child to play with.