

ACTIVITY 10

SALT DOUGH

A simple and fun way to create amazing sculptural items

AGE: 10 - 14 years | ACTIVITY LENGTH: ?????

MATERIALS REQUIRED

*Salt, flour, lukewarm water, bowl, spoon, sieve, oven
Paintbrush (optional), modge podge or
varnish (optional), acrylic or poster paints (optional)*

Step 1

Clear some space on a kitchen worktop.

Step 2

Measure out your salt (600g), flour (500g) and lukewarm water (350ml).

Step 3

Sieve the flour into the salt.

Step 4

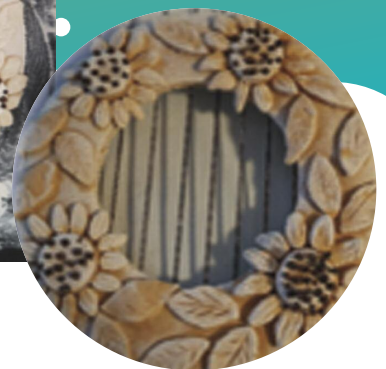
Now, start adding the water, a little at a time, and mix with your hands until the water is completely mixed in.

When all of the water has been added, knead the dough for ten minutes, you should end up with some dough you can start shaping. Just add your creative imagination. You can shape the dough to make anything you like; jewellery, containers, sculptures, decorations or whatever your imagination suggests.

You should try to avoid very thin areas because these can snap when baked. Likewise, very thick areas can be difficult to dry completely during baking, which will cause your piece to crumble away eventually.

Step 5

Line a baking tray with greaseproof paper and carefully place your pieces on the tray.



Step 6

Pre-heat your oven to 150 degrees and place the tray in the oven for 3 hours. Then, remove the tray and leave to cool for 1 hour.

If you have some dough left over after making your pieces, it's a great idea to make a ball of it to the thickness of the thickest piece you have created, and add this to the tray when baking. This is useful, because you can break the ball when you have removed your pieces and allowed them to cool. If the centre of the test ball is not fully hard, you can just return your pieces to the oven for a while longer to ensure they are fully baked through.

Step 7

When your pieces are complete, you can leave them as they are or, alternatively, you can paint them. If you want to paint your pieces, first, apply a coat of varnish or Modge Podge. When dry, you can paint the piece with acrylic or poster paint and, again, leave to dry. Finally, you can apply a second coat of varnish or Modge Podge to seal the paint.

Modge podge looks like glue. If you're using this product, use a brush to cover your piece. Leave to dry for 24 hours. Modge Podge is easily available on-line and in many retail outlets.

Finally, don't be afraid to let your imagination run riot.