



Weekly Challenges!

Week beginning 4th May 2020



Have some pamper time with your family (this could be a hand or foot massage, nail painting or foot spa—depending on what you have at home!)

Explore a new food—what does it feel like? What does it smell like? Those that can, could taste it.



Make a collage with different textures (you could use natural materials from outside)

Make salt dough (see attached guide/recipe) and create a hand print or model



Remember to do something that makes you smile and laugh

We will be contacting you weekly but if there are any issues or if you just need to talk then please just email or ring us! Please send us photos of what you are up to as we miss you all!

SALT DOUGH

Making salt dough is a really fun and easy activity for kids and the chances are you will have all of the ingredients in the cupboard ready to go on a rainy day. Children will love using their imaginations to create all sorts of exciting objects (although simple shapes do seem to work best) and hours of fun painting their creations, but do take care to remind little ones that the salt dough is not edible.

Makes 1 ball
Prep 10 minutes
Cook 3 hours

- 1 cup of plain flour (about 250g)
- half a cup of table salt (about 125g)
- half a cup of water (about 125ml) Warm water works best

Method

1. Preheat the oven to its lowest setting and line a baking sheet with baking parchment.
2. Mix the flour and salt in a large bowl. Add the water and stir until it comes together into a ball.
3. Transfer the dough to a floured work surface and shape into your chosen model. You can roll it out and cut out shapes, numbers or letters using biscuit cutters, or make any kind of model you can think of. We made some fruit and veg shapes plus cupcakes for a teddy bear's picnic.
4. Put your finished items on the lined baking sheet and bake for 3 hrs or until solid.
5. Leave to cool and then paint.

