













Making Sensory Salt Dough


Making salt dough can be a fun and calming sensory activity to do together. You can add more ingredients to make it smell and look nice too!

 You  will  need:





 Flour.  1 cup.





 Salt.  Half  cup.



 Water.  Quarter or  half  cup.











Extra ingredient ideas


 food colouring	 essence oils
 glitter	 herbs





1  +  +  + 
 1. Mix the flour and salt in a bowl.

2  + 
 2. Add water and stir.





3  +  →  + 
 3. Mix the dough until it makes a ball.

4  +  +  + 
 4. You can add extra ingredients if you like.



 Enjoy  making  different shapes  with

 the dough. The shapes will go

 hard  after  one day,  so you can

 even make decorations!