



PAL at Home

Preschool Art Lab activities for families to make together

ARTS PLUS

“Salt Dough Sculptures”

This activity is appropriate for ages 3 and up

Time from start to finish = 30 minutes – 1 hour and 30 minutes

You will need the following materials:

- Mixing bowl
- 1 cup of cold water
- 1 cup of salt
- 2 cups of All-purpose Flour
- Cookie cutters
- Sculpting materials (spoons, knives, toothpicks, etc.)
- Tin foil
- Cookie sheet
- Paint (tempera or acrylic)
- Food Dye



Brief project description: Using common household cooking supplies, create a play-dough like clay that can be used to sculpt objects and flat shapes. You can then bake and paint your creations to make a permanent work of art!

Steps

• **#1:** Mix the flour and salt together in a bowl until well combined. Slowly add the water in a little at a time until the mixture becomes smooth and easy to work. Knead the dough for a few minutes and allow it to sit and rest while you gather your sculpting materials.

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- **#2:** While your dough rests, go ahead and preheat your oven to 250 degrees Fahrenheit. Using your sculpting materials, create any shape or form you desire! Small animals are a great option to start with or use cookie cutters and a rolling pin to make flat forms. If you are making 3-D forms it is best to create a substructure from tinfoil, like a small sphere, and then cover that with the salt dough; this conserves your dough and helps it to cook all the way through. You can add food dye into the dough to create colored dough, but keep in mind these colors often change and become darker in the cooking stage. (Tip: Use a straw to punch a hole in flat pieces to make ornaments or beads for jewelry! You can also use the dough to create faux food!)

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- **#3:** When your sculptures are complete, place them on a cookie sheet and bake them in the oven until dry and hard, about 1 hour. Remove your salt dough creations from the oven and allow to cool completely.
- **#4:** Once the dough has completely cool, you can use acrylic or tempera paint to paint your salt dough sculptures. Now you have handmade works of art that will last forever!

Share your “PAL at Home” projects on social media with the hashtag: #artsplusathome

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