



# Rollin' in The Dough

By Diane Quiroga, MA, ATR-BC

It's December. If you're anything like me, that means you may meet your baked goods quota for the year in this month alone. As you prepare to bake your own treats, don't forget that baking is a great way to teach the skill of following recipes, work on fine motor and sensory skills, inspire the sculptor inside, and have a great time. The end product? A fulfilled artist and a totally different take on December doughs!

Over the years, I've tried many formulas and the ones included here are my all-time favorites. Each of the following recipes creates a different final product so go ahead and try them all!

## Recipe: Baker's Clay

2 cups of flour  
1 cup salt  
½ to ¾ cup of water  
(Add cooking oil if you don't want it to get too hard too fast or don't want it to dry out)

Mix together and play! If still sticky, add flour or a few drops of cooking oil. Use your hands to create a sculpture or you can also use a mold (just make sure you use baking spray before placing the dough in the mold).

This dough can harden in an oven for about 35 minutes at 350 degrees. Make sure to check that these masterpieces won't burn! **The great part about this dough is the fact that you can paint the pieces after they harden and then let them dry.** Voila! New home décor made right in your very own oven.



## Recipe: Sensory Clay

1 cup of salt  
1/3 cup of water  
½ cup of cornstarch  
¼ cup of COLD water  
Tempera paint (if you would like to add color)  
A few drops of Peppermint Oil  
Add sand, oatmeal, or glitter for more texture!

Heat the salt and 1/3 cup of water over medium high heat for about 3 - 4 minutes, stirring pretty often—this will get hot and bubbly. Remove from heat and add the cornstarch and ¼ cup of cold water. This mixture will look like mashed potatoes, stir until it thickens. Let cool before kneading—and add more cornstarch if it's too sticky. Add sensory items listed in ingredients to your liking.



## Recipe: Kool Aid / Jello Play Dough

2 ½ cups of flour  
½ cup of salt  
1 package of Kool Aid or Jell-O  
3 tablespoons of cooking oil  
2 cups of very hot to boiling water

Mix dry ingredients together. Add water and oil, stirring well. (Make sure your little ones are not handling the very hot water or the hot dough). Knead until smooth. Allow to cool and store in refrigerator. **Food coloring tends to stain hands, tools, and pots, which is why Kool Aid or Jell-O is the perfect replacement. Each little package adds color and they smell great, perfect for the senses.** Want to add more texture? Add some sand, oatmeal, or glitter.



## Recipe: GOOP

1 cup cornstarch  
1/2 cup water

Add the water to the corn starch in a bowl. Mix it together using your hands. You may need to add a few drops of water after playing with this dough for a while. \*NOTE: This recipe creates a complex consistency. Hard to the touch but once you pick it up, it melts in your hands. **I must say, one of my favorites and definitely awesome!**



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