

ACTIVITY GUIDE

- SALT DOUGH PEBBLES WITH IMPRESSED DECORATIONS



Connecting creatively to the
landscape of the Wye Valley AONB and Forest of Dean

SALT DOUGH PEBBLES WITH IMPRESSED DECORATIONS



Have fun experimenting with a variety of colours, smells and natural objects with this multi-sensory activity where you make small pebble like forms with imprints from nature. Using herbs, spices, food colourants and flavourings, you will be able to mix and match colours and flavours, smells and textures whilst awakening your senses.

Activity rating

Suitable for all and can be adapted to differing needs and levels of ability. Assistance may be needed with the ratio of ingredients and mixing and matching the colours and flavours.

Time required for activity

1 hr-1 hr 30 mins.

Preparation time

A few household ingredients will need to be acquired and also the selection of herbs, spices, flavours and colourants. A collection of small interesting natural objects will also be needed to press into the surface of the dough.

Shopping list

- Flour
- Salt
- Citrus fruit such as orange, lime, lemon
- Spices such as ginger, turmeric and paprika
- Food colourings
- Food flavouring such as peppermint or vanilla essence
- Jug of water
- Grater
- Bowl
- Spoon or fork
- Small natural objects eg. Cloves, rosemary, star anise, acorns, pine cones, tree bark etc
- Cutting knife for fruit
- Small glasses, cups or bowls to mix up selection of ingredients

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Step by step instructions

1. Pour 1 cup of flour into the bowl and mix in half a cup of salt. Pour half a cup of water into the dry mix and stir with a spoon or fork.
2. After a few minutes, use your hands to make into a ball of dough. Split into smaller balls ready for the next step.
3. Prepare your colour and smell mix. For example, grate some lime rind into a cup and squeeze in a few drops of lime juice together with a few drops of the green food colouring and pour into a bowl with the ball of dough. Spice mixes such as paprika or turmeric need roughly a tablespoon mixed with two tablespoons of water. Explore a range of variations using different colours, smells and flavours.
4. When you have poured the mix into the bowl with your dough ball, knead it into the dough until it is fully blended adding more flour to the mix if it is too sticky or more water if it is too dry. Have a kitchen towel nearby to wipe hands.
5. Roll into a ball and then separate again into smaller balls ready to press the objects into the surface.
6. Choose an object and gently press it into the surface of the dough pebble enough to create an impression.
7. Leave the dough balls to dry for 24-48 hours where they naturally harden and change to a slightly paler colours.

Top Tips

- Check if anyone has any allergies or auto immune responses (for example coeliac disease) to the ingredients such as flour, nuts etc.
- It can get messy so it's best to cover tables and use aprons and maybe gloves.
- If the dough is too sticky when you are kneading it, add a little more flour to the mix and vice versa if it is too dry to get a dough like consistency.