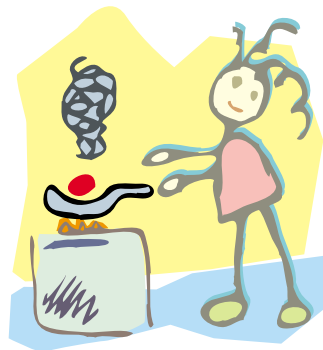

Teacher Pages

Classroom Recipes

These classroom recipes are easy to make, are inexpensive, and provide hours of open-ended, self-directed, and creative fun for all ages. For children who think everything magically appears on store shelves, it's quite an experience to witness firsthand what happens when certain ingredients are mixed together. You will probably notice new vocabulary words surfacing as children experience sticky, gooey, oozy, and maybe even yucky. To be safe, always supervise these activities and, to prevent headaches, plan ahead for cleanup time.



Reflections



What are your best strategies for getting kids to take an interest in creative and sensory experiences?

How do you incorporate sensory experiences into your classroom?

Which kids may benefit most from tactile experiences?

Do you explore with your children and let them see your enthusiasm for creative expression?



Clay and Playdough

Both clay and playdough are excellent for sculpting, cutting, rolling, and pounding. When children pinch pots, cut out shapes, and roll snakes, they are using the same fine muscle skills needed for writing, cutting, and painting. When children pound and press dough, they are using energy in a constructive way and providing themselves with often needed sensory input. Many children enjoy the texture of clay and playdough—shaping it and forming it can be a soothing and calming activity. And of course, there's always a sense of pride when children create their very own masterpiece! Here are some of our favorite recipes to make classroom clay and playdough easily.

Bakers Clay

This clay is slightly grainy and bakes to a rustic finish.

4 cups flour
1 1/2 cups water
1 cup salt

Combine ingredients in a bowl and knead on a flat surface for 8 to 10 minutes. Split dough into 3- to 4-inch hunks for kids to mold and shape, or roll to 1/4-inch thick and allow children to cut with cookie cutters or a plastic knife. Bake the molded clay in a 250-degree oven for 2 hours or until hard. When cool, paint and decorate the clay creation. This recipe makes enough for approximately 10 kids.