Art Activity Recipes

Children in this age group can be very creative. However, because many children still put things
in their mouths, it is better not to use recipes that demand a great deal of salt, include tempera as a
coloring agent, or have alum as an ingredient. Here are some simple and fast art recipes for you to try.

**Playdough (This is firm and holds its shape.)**

- 4 cups flour
- 1 cup salt
- 4 tablespoons of cooking oil or shortening
- 1 1/2 cups water (If needed, add more a little at a time.)
- food coloring (about 1 fluid ounce for dark color)—optional

If adding color, put the food coloring in the water for ease in mixing. Mix dry ingredients together and add liquid
until pliable, somewhat like a pie crust. Stored in a plastic bag, this will keep for about a month, depending on use.
If it gets too sticky, just add more flour.

**Playdough**

- 1 cup flour
- 1/2 cup salt
- 2 teaspoons cream of tartar
- 1 cup boiling water
- 2 teaspoons cooking oil
- food coloring—optional

Mix dry ingredients together in a pot and add the water, cooking oil, and, if desired, the food coloring. Cook, stirring
constantly, over medium heat for 3 to 4 minutes until it forms a ball. Store in a plastic bag or sealed container. This
keeps well in the refrigerator.

**Oatmeal Dough**

- 1 cup flour
- 2 cups oatmeal
- 1 cup water

Mix ingredients and cook over medium heat, stirring constantly, for 3 minutes. Pour out mixture and knead well.
When cool, store in a plastic bag with a tight seal.

**Glue or Cornstarch Paste**

- 3 tablespoons cornstarch
- 1 cup cold water
- 1 cup boiling water

Mix the cornstarch into the water and boil the mixture until it thickens. Use when cool. This does separate over time,
so reheat and cool before using again. This is one of the simplest pastes to make, but it does not keep well, so make
small amounts at a time. For colored paste, add food coloring.

**Finger Paint**

- 1/2 cup cornstarch
- 3/4 cup cold water
- 2 cups boiling water
- food coloring

Bring the cornstarch and cold water to a boil in a pot and then add the combined boiling water and food coloring.
Cook until it boils clear. Cool mixture and then use. Children love to use finger paint and really get involved with it.
If you prefer, use food as finger paint for your very young child. Applesauce, yogurt, canned pumpkin, sour cream,
and cranberry sauce are only a few ideas to start with, then use your imagination.