



Apple Pie Salt Dough Activity

Have a go at this low-cost, easy activity. Make up the dough, add some rolling pins, pattern cutters etc. and watch the fun! Makes a great group activity and is suitable for all abilities.

Benefits:

- Uses fine motor skills
- Encourages reminiscence (pastry making etc.)
- Relaxing
- Stimulates creative side of the brain
- Exercises upper body

Salt Dough Recipe (makes enough for 6 people)

4 cups salt

8 cups of flour

3 cups water

1 tablespoon of cinnamon

- 1) Mix salt, flour and cinnamon together in a large bowl
- 2) Stir in water gradually
- 3) Turn mixture out and knead until doughy.
- 4) Bake creations at 180c Gas 4 until hardened.



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