

Salt Dough Ornaments

Materials Needed:

4 cups of all-purpose flour

1 cup of table salt

1.5 cups of warm water

Rolling pin

Cookie cutters in various shapes

Straw or toothpick (for making a hole for hanging)

Acrylic paints, glitter, and other decorative items

Clear varnish (optional, for preservation)

Ribbon or string

Baking sheets

Parchment paper

Mixing bowls and spoons

Activity Steps:

Preparation: Before the seniors arrive, set up tables with parchment paper where they will roll out their dough. Preheat the oven to 250°F (120°C), which will be used to harden the ornaments.

Making the Dough:

In a large mixing bowl, combine the flour and salt.

Gradually add the warm water and stir until it comes together into a dough.

Knead the dough on a floured surface until it's smooth.

Rolling and Cutting:

Give each senior a ball of dough to roll out to about 1/4 inch thickness with a rolling pin.

Use cookie cutters to cut out shapes and transfer them to a baking sheet lined with parchment paper.

Use a straw or toothpick to poke a hole at the top of each ornament for hanging.

Baking:

Place the baking sheets in the preheated oven and bake for 2 hours or until the ornaments are hard and dry.

Let them cool completely before decorating.

Decorating:

Set out acrylic paints, brushes, glitter, and other decorative items.

Encourage creativity as the seniors paint and decorate their ornaments.

Drying:

Allow the paint and decorations to dry. If using glitter or other loose decorations, you may want to spray the ornaments with clear varnish to seal everything in and give them a glossy finish.

Finishing Touches:

Once everything is dry, thread ribbon or string through the holes to hang the ornaments.

Display or Gift:

The seniors can choose to display their ornaments around the facility or gift them to loved ones.