

Cloud Dough

Making cloud dough is a versatile sensory activity. Not only is it fun, it's also a wonderful way to help calm children who are anxious or overstimulated.

Materials:

- o 2 cups of flour
- o 1/4 cup of vegetable oil (optional: lavender oil or baby oil)
- o Bowl or large bin
- o Optional: Play tools (plastic animals, small branches, toy car, play dough accessories, kitchen tools, etc.), food coloring, cocoa powder

Try it!

1. **Scoop and pour the flour** into the center of a bowl.
2. **Create a crater** in the middle of the flour.
3. **Pour the oil** into the crater.
4. **Gently mix** it all together.
5. **Learn about the properties of the dough** as it is, or add play dough accessories, spoons, or measuring cups to make small structures, hills, or pretend cupcakes.
6. For color dough (optional): squish a couple of food color drops into a mixture and mix well.
7. For cocoa dough (optional): pour cocoa powder into the flour and oil then mix well.

Guiding Questions:

- How does it feel when you let the cloud dough fall through your fingers?
- How does it feel when you squeeze it in your hands?
- What shape did you make with your dough?

Learning Behind the Play:

- Encourages the development of fine motor skills.
- Supports self-discovery, social and emotional development.
- Encourages language skills development.

Take It Further:

Encourage pretend play by providing various types of tools to inspire young imaginations. For instance, adding small branches and leaves along with tiny plastic animals can encourage snow play. Adding kitchen tools, such as measuring cups, mixing spoons and molds, can inspire pretend cooking play.