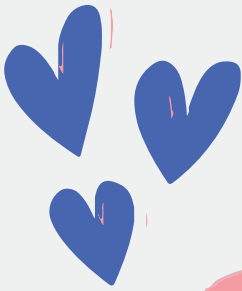




# How to make Dough



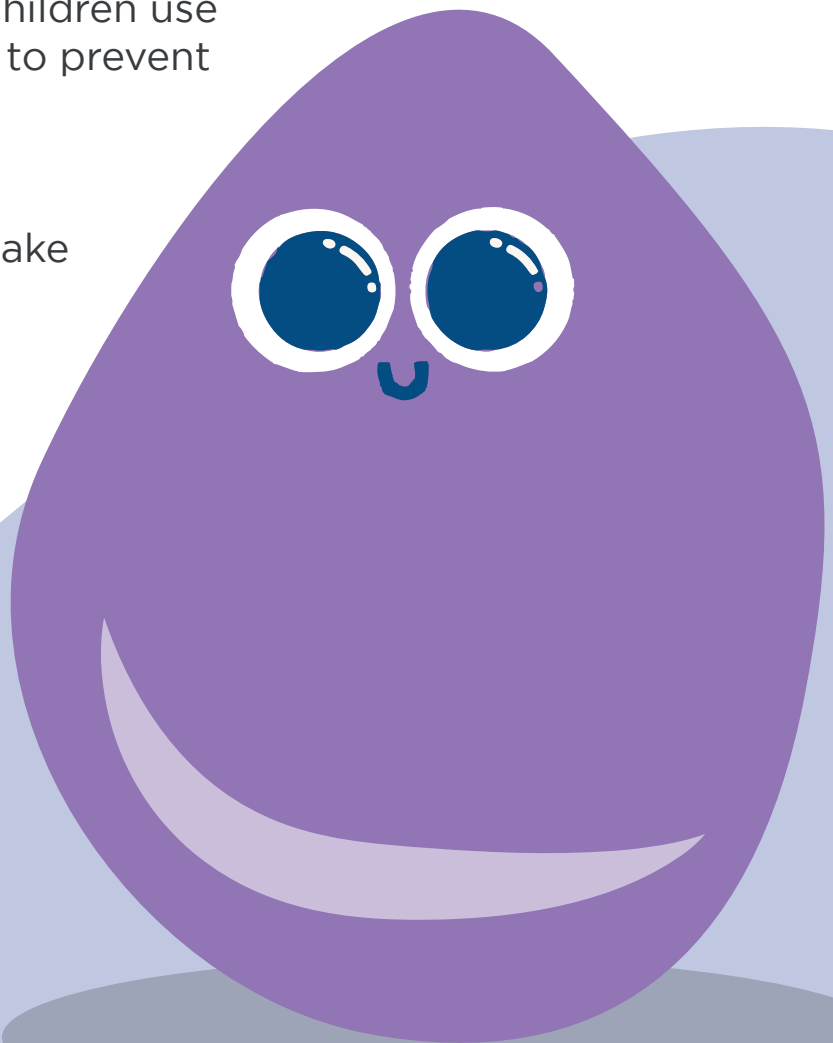


# How to make Dough:

There are many benefits to children from playing with dough. The flexible material allows children to bring their imaginations to life, improving their creativity and motor skills at the same time. A number of studies have shown that children's interaction with dough, starting at one year of age, contributes to their cognitive development, artistic expression, social connection, and emotional well-being. The mixture of texture and color, combined with the manipulation of the hands, conveys a relaxing feeling. That is why we have incorporated this material into the emotional toolkit.

**Important:** Make sure young children use dough under adult supervision to prevent them from consuming it.

There are non-toxic options on the market, but you can also make dough with the children. It can be a fun activity that strengthens your bond with them.



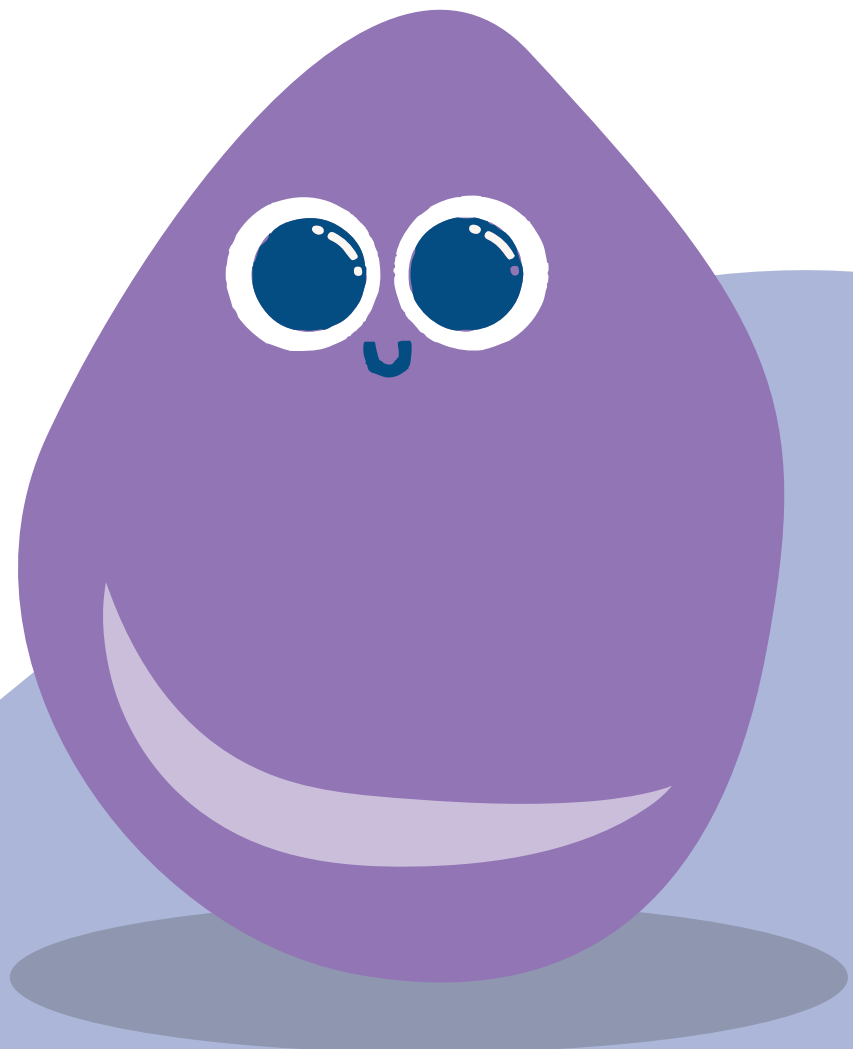


## Here is the link to our favorite recipe:

<https://youtu.be/X8tmn3r3YrY>

- ♥ The dough offers a range of benefits for children:
- ♥ Inspires creativity and imagination.
- ♥ Enhances cognitive development, artistic expression, social connection, and emotional well-being.
- ♥ Feels soothing when unpleasant emotions arise.
- ♥ Providing fun and simple tools for emotional support to our families is one of our greatest joys at Alianza. We hope that you will join us in sharing these tools with other parents so that they can also benefit from them!

**We can make the world a better place together, one squeeze at a time...**





## Ingredients:

- ♥ 2 cups of flour
- ♥ ½ cup of salt
- ♥ 2 tablespoons of cream of tartar
- ♥ 2 tablespoons of oil
- ♥ 1 1/2 cup of boiling water
- ♥ Edible food coloring



## Step by step:

- ♥ In a container, place 2 cups of flour, ½ cup of salt, 2 tablespoons of cream of tartar, 2 tablespoons of oil, and 1.5 cups of boiling water.
- ♥ Knead well.
- ♥ Divide the dough into small balls and add edible food coloring to each ball, using different colors.
- ♥ Knead each ball again until the colors are mixed.
- ♥ Store wrapped in plastic wrap or in a sealed container.

