



Baby Ant Main Activity



In our main activity we will be making a Little feet keepsake from salt dough.

You will need:

Tray

Oven

Paint to decorate once dry

Salt dough OR ingredients to make it:

1 1/2 cups flour

1/2 cup cornstarch

1/4 cup salt

3/4 cup hot water to start with



Method:

1. Mix salt dough as instructed by adding the water and mixing with a fork. You will need to knead the dough for at least 10 minutes otherwise it will remain sticky!
2. Place dough on the baking tray and smooth out.
3. Shape the dough into a heart shape, big enough for both of your baby's feet to fit inside. See the picture of how to place your baby's feet.
4. Bake at 100 degrees Celsius for 2-4 hours, or until well dried.
5. Once the dough is dry and cool, you and baby can paint your foot shapes. After your baby has painted, go over the little feet with another colour to make them stand out.

Your baby may be too wiggly to get a footprint, so you can try to press their feet into the dough when they are lying on their back or sitting.



By pressing your baby's feet into the salt dough, you are encouraging foot awareness through the senses: tactile sense and proprioceptive sense. This helps develop the arches of the feet.



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