



KICKSTART AT HOME



Welcome to Kickstart at Home — our weekly activity feature designed to help families continue the fun and learning from our childcare and school sessions right at home!

ACTIVITY DETAILS



Salt Dough Medals



Suitable for all ages



Prep: 10mins / Cook: 3hrs

WHAT YOU WILL NEED



250g plain flour



125g table salt



125ml water



Ribbon



Flour



Rolling pin



Oven

A GOOD EXAMPLE IS...



HOW TO DO IT

- Step 1 – Preheat oven to 50°C and line a baking sheet with parchment.
- Step 2 – Mix flour and salt, add water, and stir into a dough.
- Step 3 – Roll out on a floured surface, cut into a circle, make a hole at the top and add your chosen number.
- Step 4 – Place on the baking sheet and bake for 1 hour or until firm.
- Step 5 – Leave to cool and then paint gold, silver or bronze.
- Step 6 – Thread ribbon through the hole to wear as a medal.



WHAT CHILDREN WILL LEARN...

Children will develop cooking skills, fine motor skills, creativity, number recognition, and patience.



KICKSTART'S TOP TIPS

Measure carefully, keep shapes even, make the hole large enough, cool before painting, and protect surfaces.



SHARE YOUR SUCCESS

Make sure you share your fun and end result with us via our social media pages!

#WeAreKickstart

