



Preschool Activity Pages

Salt Dough Beads



Materials

- Large bowl
- 1 cup salt
- 2 cups flour
- 3/4 cups + plus 2 tablespoons water
- 1 tablespoon vegetable/olive oil
- Paint
- Paintbrushes
- Spoon/spatula
- Toothpick or straw
- Drying tray (cookie sheet, cardboard, etc.)
- Measuring cups
- Measuring tablespoon

Area of School Readiness**Perceptual, Motor, and Physical Development:**

According to the [Head Start Early Childhood Learning & Knowledge Center](#), perceptual, motor, and physical development includes motor development and health, safety and nutrition. This includes gross motor or large motor skills (like jumping, running, climbing) as well as fine motor or small muscle skills (like holding a fork or buttoning a coat). Health, safety, and nutrition includes skills for self-care (like brushing teeth), knowledge promoting healthy eating habits, and personal safety routines.

Cognition: According to the [Head Start Early Childhood Learning & Knowledge Center](#) cognition is your child's ability to reason, use their memory, engage in problem solving and thinking skills that help children learn about and understand the world around them.

Purpose of the Activity

Fine Motor Skills: Your child will practice using the small muscles in their hands and fingers as they mix, roll and paint their salt beads.

Mathematics Development: Your child will practice using number names and counting in order and practice understanding and using patterns.

Instructions

1. Collect ingredients for dough.
2. Make the dough together, allowing your child to help measure and mix.
 - a. Mix salt, flour, water, oil, together in a bowl with a spoon or spatula.
 - b. **Optional** add color to dough (can be messy) use gloves if available
 - c. Roll small size balls or flatten out sides for a cube shape (about the size of a mini marshmallow)
 - d. Use toothpick or straw to poke hole in beads.
3. Allow beads to dry overnight (24 hours if possible).
 - a. **Optional** when beads are dry, paint them. Allow time to dry, if humid it may take a day and night
4. Once the beads are dried and painted, children can string them on yarn, count them, sort them, etc.