

Air-drying clay

Ingredients:

1/4 C Flour

1/4 C Salt

1/4 C Cornstarch

1/4 C Warm water

Recipe from Adam Hamilton's
John: The Gospel of Light and Life,
Children's Leader Guide,
Published by Abingdon Press, 2015

Instructions:

Mix all ingredients together in a bowl. Add more water if the clay is too dry to mold. If too wet, add more flour.

Makes 8 portions of clay. (For 2 portions, use 1 tbsp of each ingredient)

Have wax paper or a smooth plastic plate available, along with a toothpick to poke a necklace hole for stringing.

Gluten-free playdough

Requires cooking

Ingredients:

1/2 C Rice Flour

1/2 C Cornstarch

1/2 C Salt

2 tsp Cream of Tartar

1 C Water

1 tsp Cooking Oil

Instructions:

Mix all of the ingredients in a pot over low heat, stirring constantly. Once it forms into a ball, put it on wax paper to cool.

If desired, add food coloring by kneading it in gradually until the color is uniform throughout. More rice flour added at this time will make the dough less sticky and more pliable, if needed.

Place in a zip-top plastic bag to keep from drying out. Will last for over 2 months if kept appropriately contained after playing.