

Change, Fears and Worries

Make a Salt Dough Sculpture

Prepare the following salt dough recipe with children, noting how materials smell, feel, and change:

Ingredients

2 cups flour
1 cup salt
1 tablespoon
Cooking oil
1 cup water
Mixing bowl
Wooden spoon



Invite children to create sculptures using the clay.

Sculptures can air dry and then be painted or left just as they are.

Conversation

How did the materials change?

What does 'change' mean?

Talk about something that has changed.

What do you think about this change?

How do you feel when things change?

Why do things change?

How can we turn the worries or fears into calmness and begin to enjoy change and the good things that it brings?

List 3 things you can do to find the good in change.

