



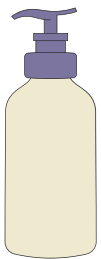
CENTRE FOR AUTISM  
MIDDLETOWN

## Christmas Sensory Activities

# Moon Dough



There are only four ingredients in this easy moon dough recipe. You could even omit the food colouring and make this a 3 ingredient moon dough recipe!



### Ingredients:

- Lotion (scented or unscented)
- Corn starch
- Peppermint scent
- Red food colouring gel (optional)



### Method:

- To make the consistency of moon dough, use a 4:1 ratio of corn starch to lotion. This will make a nice and fluffy, but mouldable moon dough.
- Add a few drops of peppermint extract and some red food colouring.
- As you mix the ingredients together, you may need to use more or less corn starch depending on the consistency.
- Half of the moon dough keep plain white and the other half can have the red food colouring added for a very candy cane look.
- Add a few little bowls and spoons for scooping, and a couple of candy cane cookie cutters, and you are ready to play!