

Make your own Worry/Wish stones out of salt dough

By Mrs Gregory

How to make Salt Dough

Mix together:

- 2 cups of plain flour
- 1 cup of salt
- Up to 1 cup of water

(add the water in slowly as you may need less)

Knead the mixture into dough and get creating!

(you can't really go wrong, if it's too sticky just add more flour) Make 2 colours if you can.

You can add food colouring to the water to make different colours.

How to make your stones



Put ingredients in a bowl. Mix together and knead into a ball.



Next roll out 2 colours, twist together and roll up. Knead into a stone shape and with your thumb press into the top to make a dent.



Then put onto a baking tray lined with greaseproof paper and get a grown up to put it into the oven for you. Preheat 120 C or Gas mark 1-2 for 2 hours. Finally remove from oven and cool.

How to use worry/wish stones

Gently rub the sides of the stone with forefinger and thumb to calm yourself down when you are feeling anxious or stressed! It's good to name your worry or wish and talk to a grown-up about it.