



Sensory Fun!

Activity:

Moon Dough

*Optional Materials

Benefits:

Sensory activities can be great for all youth, but they're particularly beneficial for children with a disability. While every child has their own likes and dislikes, most find it both fun and therapeutic – and in the process, can help their development in a whole range of ways.

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Moon Dough has no preservative in it, therefore it will not last as long as salt based dough recipes. Moon Dough is designed for a sensory experience and will become flaky and dry with continued play. This is part of the experience of playing and experimenting with texture.

Materials:

- 1 Cup corn starch *may need extra if mixture is still sticky
- ½ Cup hair conditioner
- *Food coloring
- Ziplock or air tight container

Directions:

1. Pour hair conditioner into a medium bowl
2. *Add food coloring
3. With a spoon, mix the coloring with the conditioner
4. Add corn starch
5. Constantly stir the mixture until it begins to form a thick blob
 - If too sticky add more corn starch
6. Knead into a smooth ball with your hands.
 - If breaks too easy, add more conditioner
7. Store in a plastic zip lock bag or air tight container

**The Arc of Palm Beach County
Community Inclusion Program**



Visuals for Moon Dough



Pour hair conditioner into a bowl



*Add food coloring



Mix coloring and conditioner together



Add corn starch



Constantly stir the mixture until it forms a thick blob



With your hands, need into a smooth ball

play

