



# Autumn Cloud Dough

## SENSORY BIN

Your sense of smell has the best memory! It can trigger happy, sad, and bad moments. Certain smells can give your children comfort, self-regulation, and can even help with attention and focus. Try introducing soothing smells to your little ones through their environment and through fun, playful sensory bins such as this one.

# 1



### Gather materials:

- Cups / Shovels (or other scooping toys)
- Large Bowl / Bin
- Ground Cinnamon
- Ground Ginger
- Plain Flour
- Oil

# 2



Pour 4 cups of flour into a large bowl or bin.

SENSORY  
FRIENDLY  
SATURDAY



3



Add a half cup of oil to your flour.

4



Mix the oil and flour together with your hands. Make sure all the flour becomes lightly coated in oil.

5



Your mixture will be ready when you are able to mold it together and notice it will form a shape. When you crumble it back down, it should return to a dusty or floury texture.

6



Add a pinch of cinnamon and ginger powder to your mixture.



7



Mix them thoroughly into the cloud dough.

8



Play with your dough! Add any cups or shovels for play, and make sure to enjoy the smell of your dough.

**GOING FURTHER:**

When you are done playing, you can add some water to the flour and oil and cook it in a frying pan to make some seasonal pan-fried bread. Yum!