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.
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.
Mix them thoroughly into the cloud 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!

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