

# SALT DOUGH MEDALS

<https://theimaginationtree.com/salt-dough-olympic-medals/>

**Time Required:** 1 day

**Prep Required:** None

**Space(s) Needed:** Indoor

## Materials:

Rolling pin      Cup  
Straw            Ribbon  
Plastic knife  
Parchment paper  
Baking tray  
Acrylic Paint

## Salt Dough Recipe:

1 cup salt  
1 cup all-purpose flour  
 $\frac{3}{4}$  cup water

## Recipe directions:

Simply combine the flour and salt in a bowl, then add the water gradually. Knead the mixture until it becomes a dough-like consistency. It will feel very grainy because of the high salt content, but that's fine. If still too sticky add a touch more flour, if it won't hold together well then add more water, a teaspoon at a time.

## Directions:

**Step 1:** Once we had made our dough, roll out until it was 1-2cm thick. We found an octagon cutter (or something round like a cup) to cut out three medal shapes.

**Step 2:** Then we pushed a straw into each one to create a hole for threading the ribbon through later.

**Step 3:** We used wooden numbers 1, 2 and 3. Push them into the medals to create an impression in the dough. If you don't have wooden numbers use a plastic knife to draw the numbers.

**Step 4:** We put them on a piece of baking parchment on a baking tray, and dried them in the oven for 2 hours with the oven on a very low temperature (around 100 degrees C or roughly 210 F.) They needed to be turned over once during the "cooking".

**Step 5:** The next day they painted them gold, silver and bronze with acrylic paints. To make bronze we experimented by adding primary blue to the gold in tiny amounts, until it looked about right.

**Step 6:** Then we threaded them with red ribbon and they are ready to wear!

