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# Sand + Sea DIY PLAY DOUGH

*playful creativity + stress relief + relaxation*

This makes a FIN-tastic activity for all ages. Make sure kids are supervised!

ingredients	Sand	Sea
water	1/2 cup	1/2 cup
flour	1/2 cup	1/2 cup
salt	1/4 cup	1/4 cup
cream of tartar	1 tsp	1 tsp
oil	1/2 tbsp	1/2 tbsp
food coloring	none	1/4 tsp blue powder OR 2-3 drops liquid
relaxing essential oils	8-10 drops + more if desired	8-10 drops + more if desired
biodegradable glitter	1-2 tsp gold + more if desired	1-2 tsp blue + more if desired

*same for both Sand + Sea*

*Note: This play dough is not meant to be eaten.*

*can sub gluten-free*

*we used olive oil*

*Be cautious if you have sensitive skin or allergies*

*Be sure to use biodegradable glitter (or none) to keep it eco-friendly*

Regular glitter is made of tiny bits of plastic (called microplastics) that can harm wildlife & the food web.

## Make each batch separately:

1. Heat water, flour, salt, cream of tartar, and oil over medium heat (if making "Sea" batch, add food coloring here too).
2. Keep stirring until it clumps together, remove from heat, and let it cool.
3. Once cool, place dough on a surface (cover surface to avoid stains) and use your hands to flatten the dough.
4. Evenly drop essential oils and sprinkle biodegradable glitter onto flattened dough, then knead to mix. Repeat to add more glitter/essential oils if you wish.
5. Have fun! Pinch, squeeze, shape, and mold dough. Use as scented, squishy stress relief and to make sand castles, ocean creatures & more. When finished, store each batch in a separate airtight container.

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