

# ArtStream

Written Instructional Guide



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Sculpting the Digestive System with Homemade Modeling Dough

*“For Grades 6-8 Students”*

With Teaching Artist Nicole Hummel

# Lesson 1: “Make Your Own Modeling Dough”

# Materials

- Clean surface
- Mixing bowls or tupperware: one big, one small
- Measuring cup
- Measuring spoons
- Ingredients for the clay:
  - 1  $\frac{1}{4}$  cup of flour
  - $\frac{1}{4}$  cup of salt
  - 1 teaspoon cream of tartar
  - $\frac{1}{2}$  Tablespoon vegetable oil
  - $\frac{1}{2}$  cup hot water
  - Food coloring



# Introduction

- Welcome!
- Today we'll be making modeling dough from scratch
- First, let's do a mindfulness exercise!
  - Close your eyes, wiggle your fingers, hands, moving up the arms to the chest, take a really full deep breath in and exhale with a HA!
  - Then we are going to move our arms with our breath: reach your arms overhead as you take a deep breath in. Bring your hands back down as you breathe out.
  - This is a helpful way to energize your body and mind! When we are more aware of what is going on in our body and breath, we can be more in the moment and connected to what we are creating.

# “Step 1: Organize Materials

- Instructions
- Begin by organizing our materials.
- Model by sorting materials on the table (bowls and measuring cups/spoons, flour, salt, cream of tartar, oil, water, food coloring)
- Heat up the water - do not try to heat the water on your own, you need an adult mentor



## Step 2: Set Up Work Space

- **Instructions**
- Once ingredients have been organized , move them to the edge of the “work space”. The work space can be a blank piece of paper, or a clean, flat surface
- place your bowl in the center

# Step 3: Measure Out Ingredients

- Instructions

You will need help from an adult mentor to heat up and add the hot water in this step

- Heat up water - you will need help from an adult mentor for this! do not try to do it on your own
- Measure each dry ingredient and put it in the bowl, mix that up
- add the hot water and oil





# Step 4: Mix!

- **Instructions**

- mix with a spatula or your hands
- show how to knead it
- Keep mixing and kneading until you get a nice even consistency



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# Step 5: Add Color

- **Instructions**
- Now that we have our basic dough made, we are going to make different colors of dough
- Divide clay and add the colors, just a few drops! Option to wear gloves for this so your hands do not get stained
- Optional for further investigation: natural dyes! do some research



## Step 6: Storing the Sculpting Dough

- **Instructions**

- The dough you made will keep for a couple weeks -
- Be sure to wash your hands before you use it, each time. This will help the clay last longer. Otherwise organic materials will get into the clay and can cause mold to grow

# Closing Reflection

- Take a moment to sit back, close your eyes, and remember the process of doing this. What was your favorite part? How did it feel to make your own materials? Take a deep breath together.
- Thank students for tuning in and participating
- Directive: Feel free to play with your sculpting dough! Experiment with different things you can create and different shapes you can make. In upcoming lessons, we will explore using this material to model the digestive system! The possibilities are endless, and your hands are the only tools you need!

[Insert a photo on every slide]

We will have 3 more lessons to explore so tune back in!

# Thank you!

- Keep creating!