

Seasonal Scent Dough



December is finally here! Consider celebrating with us by making seasonal scent dough. It's a fun and unique way to welcome winter. Let's go!

Scents are powerful!

Humans have discovered magical things about scents found all around us. In fact, scents can actually affect how we feel. Some smells might even make us feel happy. Different seasons are associated with different smells. You may think of flowers in spring, peaches in the summer, or apple cider in the fall. During the winter months you may find gingerbread, pine, and peppermint. Now, let's get into the spirit of the winter season by making this festive dough. It is scented with something you might find during the month of December... peppermint!

WHAT YOU WILL NEED

- ~ mixing bowl
- ~ spoon
- ~ measuring cups
- ~ measuring spoons

INGREDIENTS

- ~ 1 cup flour
- ~ ½ cup salt
- ~ ⅔ cup water
- ~ ¼ teaspoon peppermint extract
- ~ 2 tablespoons cream of tartar
- ~ 1 tablespoon cornstarch
- ~ 2 tablespoons oil
- ~ 2-3 drops red food coloring

Now that we have everything, let's make seasonal scent dough!

- **First, add all the ingredients (except food coloring) to a microwave safe mixing bowl. You may need a grown-ups' help for that step. Keep stirring until everything is mixed together.**
- **Add 2-3 drops of food coloring and stir until the dough is all one color. Add more food coloring if you would like your dough a little darker. Make sure you add 1 drop at a time. A little goes a long way!**
- **Microwave for 1 minute and stir. Microwave another 30 seconds and stir again. If needed, continue to microwave 15-20 seconds at a time. Make sure you stir after each time. You will know it's ready when the dough starts to pull away from the side of your bowl.**
- **Now, finish the dough by kneading it. That means you give your dough a massage. Make sure your grown-up tests the dough to make sure it isn't too hot to handle.**

You just made seasonal scent dough!

You can be as creative as you like. There are winter scents all around. For your next creation you may want to add brown food coloring and cinnamon extract, or green food coloring and pine scented oil. You can create your own special festive scent!

Opportunities for Expanded Learning

How to make a scented dough snowman!

Winter dough placemat fun!

The science of smell!



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