



# D.I.Y. AIR DRY CLAY

A RECIPE FOR WELLNESS WEDNESDAYS

## ingredients

- 1.5 cups corn starch
- 1 cup Elmer's White School glue
- 1 teaspoon lotion
- 1 tablespoon oil (baby oil or olive or coconut oil)
- 1 tablespoon vinegar
- food coloring (optional)

## directions

- Mix all ingredients together **(except food coloring)** in a large bowl. It will be STICKY!
- Add small amounts of cornstarch a little at a time until it resists mixing in.
- Add in some food coloring if you want a little color.
- Put some cornstarch on the counter, dump out "dough" and knead it like you're making bread. Add a little more cornstarch if needed.
- If mixture feels too dry, add a tiny bit more oil.
- Wrap tightly in oiled plastic wrap and store in fridge for up to five days.

