




Salt Dough Forget-Me-Nots

The forget-me-not is a small blue flower linked to memory and remembrance. It is the symbol of the Alzheimer's Society who campaign for people living with dementia. Why not make some salt dough forget-me-nots to get creative and show your support.

Makes
12

You will need 150g of plain flour, 75g of salt, 115ml of warm water, a pencil, knife, string and paint. This is a craft activity for children & grown-ups working together. Please note the dough is not edible.

-  Mix the flour and salt in a mixing bowl and pour in the warm water to make a dough.
-  Tear off a piece of dough and flatten. Use a pencil to create a dotted 5 petalled flower outline.
-  Ask an adult to help cut out the flower shape from the dough using a knife or craft tool.



5 Ask your grown up to make 2 holes in the flower so that you can string it up later.

6 Ask your grown up to turn the oven to the lowest setting and put your flowers on a baking tray, to bake for 3 hours.

7 Once cooled you can paint your flowers. Forget-me-nots are blue with a yellow centre. But we did a few in red too

Tie string through the holes and link the flowers together. Display in your windows and send us a picture at theharris@preston.gov.uk. Dementia Action Week has been postponed this year - but during the week of 13 May we'll share any forget-me-nots you send us on social media.

