



"..they will walk and not grow faint."

Isaiah 40:31

You will need: Salt dough recipe

1 cup salt

1 cup plain flour

Half a cup of warm water

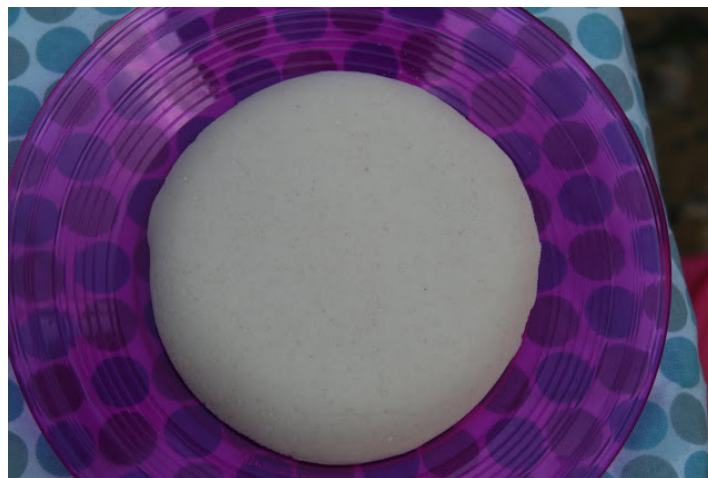
Mix together in a large bowl and knead it until smooth and stretchy. This last part is important otherwise the dough remains sticky and quite granular from the salt. If it is still too sticky add a bit more flour, if too dry and crumbly then add a tiny touch more water. A little bit of trial and error is all that is needed and it really is so easy!

Credit to <https://theimaginationtree.com/salt-dough-footprint-keepsakes/>

Once the dough is kneaded, divide it into equal parts and squish it into a small shallow bowl just the size of the feet you want to make.



Tease it away from the edges slightly and flip it out onto a plate. The underside will be smooth with a lovely finish, perfect as a canvas for the footprints!



Tread one foot into the middle of their dough plaques, one at a time. A firm straight down impression and then lift straight off again works really well. If it gets messed up, the great thing is that you can reform it and try again!

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The plaques then went into the oven for 3 hours at 100 degrees C (around 200 degrees F). They need to be placed on baking parchment or greaseproof paper so that they don't stick. It needs to be on a very low heat for a length of time to thoroughly dry out and harden. If the oven is too hot they will rise and "cook". The thinner the dough and the lower the temperature, the better these will turn out! If they are still doughy in the centre after 3 hours, turn them over and put them back in for another 2 hours. If you want to hang yours on the wall then you need to add a hole with a straw before it goes in the oven.

You will need to leave them to cool down before painting. Pearlescent acrylic paints look beautiful but any will work. You could write the date and 'Stay Awake 2021 or the quote "...they will walk and not grow faint." Isaiah 40:31 in sharpie pen on the back.

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