



Make a Clay “Nushkhar”

What you Need:

- White Clay or Play Doh
- Toothpicks
- *Optional:* Plastic cups to use to cut dough into circles

Before Class:

- Arrange with your priest to have a “Nushkhar” to use during class.

What to Do

1. Give each student a ball of clay/playdoh (about the size of a walnut) and a toothpick.
2. Have students flatten their dough using their hands and shape into a circle. (They may use the top of a plastic cup as a “cookie cutter” to do this also)
3. Using a toothpick, students can make a design on their Nushkhar. Have them use the Nushkar you obtained from your priest as a model so they can copy the traditional design.
4. Allow clay to dry/harden.

Step 1: Ingredients

Playdough is a classic childhood toy everyone can have fun with, and it's so easy to make at home you'll never buy that stinky store variety again.

Basic ingredient ratios:

2 cups flour

2 cups warm water

1 cup salt

2 Tablespoons vegetable oil

1 Tablespoon cream of tartar (optional for improved elasticity)

Food coloring (liquid, powder, or unsweetened Kool-Aid or similar drink mix)

Step 2: Mix and heat

Mix all of the ingredients together, and stir over low heat. The dough will begin to thicken until it resembles mashed potatoes.

As soon as the dough no longer appears “wet,” or when the dough pulls away from the sides and clumps in the center, remove the pan from heat and allow the dough to cool enough to handle.

IMPORTANT NOTE: if your playdough is still sticky, you simply need to cook it longer!

Keep stirring and cooking until the dough is dry and feels like playdough. If your dough is sticky, please just keep cooking a bit longer and it *will* work! But be careful not to overcook! Dough will continue to cook once you remove it from the heat.

Step 3: Knead & color

Turn the dough out onto a clean counter or silicone mat, and knead vigorously until it becomes silky-smooth. Divide the dough into balls for coloring, if you wish.

Make a divot in the center of the ball, and drop some food coloring in. Fold the dough over, working the food color through the body of the playdough, trying to keep the raw dye away from your hands and the counter. You could use gloves, a big ziplock bag, or plastic wrap at this stage to keep your hands clean- only the concentrated dye will color your skin, so as soon as it's worked in bare hands are fine.

Work the dye through, adding more as necessary to achieve your chosen color.

If you use Kool-Aid or similar unsweetened drink mix for color, test on a small ball first- it won't go as far as the "real" food coloring.