



EXPRESSING INDIVIDUALITY ACTIVITY

Each person is unique, with different abilities, interest, hobbies, and even personalities. The family is an ideal place for members to learn to appreciate and express their individuality, or “uniqueness.” In addition, part of establishing a warm, friendly family environment is accepting and learning to appreciate individual differences in one another. The purpose of this activity is to help each member of the family express his or her individuality and develop an appreciation for the differences in other family members.

Materials: Clay dough that is either homemade or purchased from the store. (see recipes below)

Play Dough I - if you do not intend to harden the dough by baking it, then you may want to use this recipe, which is also great for play dough and can be re-used another day.

Mix together: 1 cup flour 1 cup water (add food coloring to water if you want colored clay) ½ cup salt 1 teaspoon cream of tartar 1 tablespoon oil After mixing these ingredients together, heat over low and stir slowly. When the clay forms a small ball, remove the dough from the heat and knead while the dough is warm. Store the clay in a sealed container.

Play Dough II - this recipe is best if you intend to bake the dough so that it becomes hard.

Mix together: 1 cup flour ½ cup salt ½ cup water food coloring if desired

Time Needed: About 15 minutes to prepare dough, and 45 minutes for activity

Activity Instructions:

Using various colors of clay dough, use your creativity to mold some type of design or structure that represents your uniqueness, or individuality. You could mold a figure that represents a personal characteristic, a goal, a hobby, an accomplishment, or some value that is important to you. For example, if you love Boy Scouts, you may want to mold the image of a person sitting on a log by a campfire. If you received an award as the “Employee of the Month,” you may want to mold the image of something that represents hard work, or dependability. If friendliness is a personal characteristic that you value, you may want to mold a face with a pleasant smile, or if you have a great love for animals, you may want to mold several of your favorite animals.

After molding some type of figure, you can preserve the figure by placing it on a cookie sheet and baking it in the oven on warm for several hours (until hard). This will harden the clay hard so that it maintains its shape. If you did not use food coloring to color the clay, or if you like to paint, you could paint the hardened figure. Once everyone has completed a mold, display these molds in the home.

Discussion Questions:

- Why did you choose to make what you did?
- What does it mean to you?

Activity from: Strengthening Family Ties “A Workbook of Activities Designed to Strengthen Family Relationships”