

Squishing, shaping, and playing with clay can have a very calming or soothing effect. Use one of our [homemade clay recipes](#) to create your modelling material, then follow the instructions below to make your own “feeling sculpture”.

We’ll push, pull, squeeze, and poke the clay with our bodies. This activity was contributed by artist educator Cheryl Trowbridge of [Teach Kids Art](#).

Materials:

- Clay or modelling material (Try one of our [at-home recipes](#). We suggest either our Basic Play Clay, Model Magic Clay, Cold Porcelain, or 3 Ingredient Salt Clay recipes).
- A plastic bag or baggie
- Paint (optional)

Instructions:

Make your clay using ingredients you have at home.



Put a ball of clay about the size of a baseball into a plastic bag or baggie.



Seal it and begin squeezing the clay through the baggie. Push and pull the clay. Use your fingers and toes to poke at it. How does it feel?



When you come up with a shape that you like, carefully remove your sculpture from the bag and let it air dry.



Optional: Paint and decorate your sculpture.





Take a photo of your work and share it using **#GardinerFromHome**.