

SAINT LOUIS ART MUSEUM

Wee Wednesday: Helpers

Book: *What Can a Citizen Do?* with words by Dave Eggers and art by Shawn Harris

Art: [*Shabti of Psamtik, Egyptian*](#)

[*The Country School* by Winslow Homer](#)

Helper Sculptures

Materials

- Salt dough (recipe below), another kind of clay, or Play-Doh
- Food coloring, powdered Kool-Aid, or Jell-O (optional)
- Piece of cardboard or plastic, or wax paper or parchment paper
- Toothpicks, forks, plastic knives, and other items for sculpting



Instructions

- To create salt dough, combine 1/2 cup of flour and 1/4 cup of salt in a bowl. Mix to combine. Slowly add 1/4 cup of water and mix together. Knead with your hands until a smooth dough forms. (To make the dough taste safe for very young children, microwave the flour for 30 seconds on high before mixing in the other ingredients.)
- If you would like to add color, add a few drops of food coloring or powdered Kool-Aid or Jell-O to all or part of your dough and knead until the dough changes color.
- Think about who will inspire your helper sculpture. Will you create a sculpture of someone in your community like a teacher or firefighter? Or maybe a leader you look up to? Or maybe a friend or family member?
- Use your hands to roll, pat, and pinch your dough into your helper sculpture. Build your sculpture on cardboard, plastic, or on a table covered with wax paper or parchment paper so the dough does not stick.
- The dough will keep for a few days in an airtight container to be used at a later time.
- If you would like, you can bake your sculpture at 250 degrees for 15 minutes to harden it. Salt dough will also harden as it air dries, but it will be more fragile and brittle than if it is baked.

Additional Book Suggestions

[*Whose Hat Is This?* by Sharon Katz Cooper](#)

[*Whose Tools Are These?* by Sharon Katz Cooper](#)