

Playdough Recipe

Ages 2+

Please note that this recipe uses boiled water so is **not appropriate to make with children**, they get to play with it once it's cooled down.

Ingredients:

- 2 cups of plain flour
- 1 cup of salt
- 4 tablespoons cream of tartar
- 2 tablespoons cooking oil
- Food colouring
- 2 cups of boiled water

Method:

- Put the plain flour, salt and cream of tartar in a bowl and mix
- Make a well, and put the oil in the bottom of the bowl then mix the food colouring into the oil
- Add the water hot from the kettle and mix it all together
- Allow the playdough to cool, then knead

Playdough will last months if stored in an airtight container or zip lock bag.

Benefits of Playing with Playdough

Playing with playdough helps children to strengthen and develop their fine motor skills, and eye hand coordination. When used in pretend play it engages their imaginations and language.



Poke & press



Roll it between your hands



Press it flat with your fingers



Press it flat with your palm



Roll and make spaghetti/worm...

Put it in a sandwich bag for pressing & squeezing



Use child safe kitchen utensils from your drawers & cupboards

Whilst playing with your child

- Praise and encourage their efforts
- Encourage using both hands
- Sing songs. Make candles and sing "Happy Birthday", or drum on the playdough and sing "Pat-a-Cake"
- Sculpt creatures, cars, bugs, animals...
- Use pots, pans, muffin trays, spoons to do some pretend cooking
- Have fun!