

# Playdough Fun

Play dough is a great resource for building children creativity and all that rolling, squeezing and moulding is wonderful for building up the strength in their little fingers. Strength that will be needed later on to control a pen or pencil when they learn to write.

Below is our pre-school fail safe recipe which make perfect playdough every time. No cooking, no baking, no microwave. Just remember when you put in the hot water at the end it needs to be quickly stirred in to the other ingredients otherwise you'll end up with a mushy mess!

## WHAT YOU WILL NEED



1 1/2 cups of plain flour

1/2 cup of salt

2 tablespoons of cream of tartar

2 tablespoons of vegetable oil

1 cup of boiling water

Food Colouring



## METHOD

1. Combine the flour, salt, cream of tartar and coconut oil in a bowl.
2. Add the food colouring to the boiling water and then pour this into the bowl with the other ingredients. If you are making this with children take care at this point and keep them at a safe distance.
3. 3. Mix all the ingredients together until it starts to come together as a dough.
4. Before mixing your dough try adding in shop bought essence such as mint or lavender for scented dough. At pre-school we often use lemon juice, orange essence, cinnamon or edible glitter for a bit of sparkle in moon rock. Enjoy getting creative with your little ones and let them explore their developing senses whilst they play.

## Activity Ideas



No rolling pin or cookie cutter shapes? No Problem! There are lots of great things your children can make without any specific playdough toys. Have fun adding in toys from around your home, pots and pans from the kitchen and some natural resources collected on a walk. You'll be amazed what children can learn and create when given a few simple resources and time to let their imagination run wild. Have fun!

