



Playdough

Recipe - can be doubled

1 cup plain flour

2 tablespoons cooking oil (vegetable or canola)

½ cup salt

2 tablespoons cream of tartar

1 ½ cups of water (hot /boiling water)

Food colouring- *optional: mix in with water first to get an even coloured playdough*

Place all dry ingredients together in a bowl, and then add oil and coloured water. Mix all ingredients together. Once cool enough knead well. If it is sticky, add a little more flour until it is just right.

Optional: Children can use equipment with playdough e.g. rolling pins

Learning benefits

- Improve eye-hand coordination & fine motor skills
- Developing sensory vocabulary- e.g. soft, hard, pound, pitch, roll, squish etc.
- Increases imagination/lateral thinking



10 mins



2 - 12 years

Materials

Recipe ingredients
Bowl
Spoon
Household objects

Hints and Tips

Younger children:
2-5yrs can assist in making the playdough.

Older children:
5-12yrs can make on their own.

Adults supervise use of hot/boiling water

Indoors or outdoors