Play to Learn

Playing with Playdough

Homemade Cooked Playdough

2 cups of Flour
1 cup of Salt
4 tsp cream of tartar
2 cups warm water
2 tbsp vegetable oil
Food coloring

- Stir together flour, salt and cream of tartar in a bowl.
- Add water to a large pot heat; warm it up then add oil and food colour of choice.
- Add dry mixture and cook over medium heat, stirring continuously until thick and forms dough
- Remove from heat and then place onto wax paper on counter. **Caution: dough will be hot.** When it cools slightly begin to knead dough until soft and smooth.
- This will store well in a sealed zipper plastic bag for up to 4 weeks.

Why?:
The Benefits of Playing with Playdough

*develops hand-eye coordination and fine motor skills
*children learn about texture, properties and consistencies
*introduces language such as pound, squish, roll, pinch, squeeze
*sensory play can be calming and encourages self-regulation skills
*gives opportunity for creativity

Homemade Uncooked Playdough

2 ¼ cups white all-purpose flour 1 cup salt
1 ¾ cups hot water 2 tbsp avocado or olive oil

In a large bowl, combine the flour and salt. Add the hot water and oil to the dry mixture. If you’re using a dye to color the dough, add it to the bowl and stir. Once the dough begins to form a ball, knead with your hands, adding more flour if it needed. If the play dough gets too sticky, just knead in more flour.

Shape and colour recognition