

Learn through **PLAY**(dough)

Playing with playdough provides many benefits for young children and toddlers. Playdough is a classic childhood favourite that's been around for many years and provides hours of fun. It's the perfect play activity, it's squishy, colourful and there's no wrong or right way to play.

Ingredients

- 2 cups boiling water
- 1 cup table salt
- Food colouring
- 2 TBSP oil
- 2 cups plain flour
- 4 tsp cream of tartar

Method

- In jug, stir boiling water and salt
- Add food colouring and oil
- In bowl, mix flour and cream of tartar
- Mix wet ingredients with dry in bowl
- Wait for mixture to cool slightly & knead
- **PLAY!**

6 Benefits of Playing with Playdough

1. Develops fine motor skills
2. Emotional regulation
3. Encourages creativity
4. Hand-eye coordination
5. Improves social skills
6. Literacy & numeracy skills



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Variations

- **Add props:** glitter, straws, feathers, sticks, gumnuts, pebbles etc.
- **Include tools:** rolling pins, cutters, plates, knives, forks
- **Theme it:** farms, dinosaurs, birds nests
- **Make a garden scene:** collect leaves and nature items