

## Playdough

Making playdough is really easy and we use a recipe at preschool that requires no heating and can be altered to take account of allergies to wheat.

To make you own playdough you will need:

- 2 cups of plain flour (or gluten free alternative)
- 2 tbsp. vegetable oil
- Half a cup of salt
- 2 tbsp. cream of tartar
- Up to 1.5 cups of boiling water
- Add a few drops of food colouring (optional)

### **Method**

Mix the flour, salt, cream of tartar and oil in a large mixing bowl.

Add food colouring to boiling water and then add this liquid to the flour a little at a time.

Stir continuously until it becomes sticky.

Allow to cool then take out of the bowl and knead vigorously for a couple of minutes until the stickiness has gone. This is the most important part of the process, so keep at it until it's the perfect consistency.

\*it will always seem too sticky at first just keep kneading!

Your dough should then be ready to use.

Playdough is a very versatile product and you could add food essences, flavourings or herbal teas to add a smell to your dough. Herbs, rice and glitter can also be added to alter the texture. Have some fun.

The benefits of playdough to your child's learning and development

Playdough requires a child to use their fingers and hands to roll, prod, push, squeeze, stretch and pat. They are using and developing the muscles not only in their fingers but all the way up the arms which will support them as they learn to hold mark making tools and later to learn to write.

As you play with your child introduce language to describe what you are doing, use pastry cutters, plastic cups and other objects around the house to cut shapes and make imprints in the dough.

We have also encouraged the children to join in with Dough Disco or Dough Gym where you do a series of movements with the dough to music. The attached sheet has an example of a song you can sing whilst doing different actions with the dough.