

Cooked Playdough

Kids can help with the measuring, kneading and bagging. Adults should do the cooking and stirring.

1 cup white flour

1/4 cup salt

2 tablespoons cream of tartar (in the spice aisle)

1 cup water

1 tablespoon vegetable oil

2 teaspoons food coloring, if using. You can add 1 package sugar-free Koolaid instead of the food coloring, makes a nice smelling dough!

Mix 3 dry ingredients in a medium pot. Add water, oil, food coloring or Koolaid.

Stir over medium heat for 3-5 minutes. It will look like a gloppy mess. When it begins to form a ball in the middle of the pot, dump it out and let it cool for 5 minutes on a lightly floured surface. Knead and squish until it forms a nice soft dough. Don't add too much flour or it will get too dry.

Store in a bag or container in the fridge for 1-2 weeks.

- ☺ Play dough is great for finger and hand strengthening, roll it, pinch it, pound it, squeeze it.
- ☺ Make it into animals or creatures and tell stories with them. Take turns and share with a friend or family member.
- ☺ Use child friendly scissors to "cut" sheets or snakes of play dough, this is much easier than cutting paper.
- ☺ Use a plastic clothes pin or tongs to pinch, bite, eat, chew or gobble up the dough (talk about "just pretend" as we don't recommend children actually eat the dough!)
- ☺ Hide a bug or animal inside a ball of playdough, play a game and try to find it.
- ☺ Stick plastic flowers, bugs or cars in your playdough garden or town.
- ☺ Talk about the colors of the play dough, mix them up to make new colors
- ☺ For children who don't like touching wet or sticky things, put the playdough in a plastic bag to encourage them to get used to it in a "non-sticky" way.
- ☺ Another way to do this is for the adult to play with the dough and ask questions and engage the child in your creative play.
- ☺ For children who can't sit still to play, give them a spot to stand up and play with the playdough, like the kitchen table or a coffee table.
- ☺ Make balls of different sizes and arrange them in order of smallest to largest.
- ☺ For older children use balls of dough to practice counting and simple adding.
- ☺ Engage the children in making the play dough and cleaning up afterwards.



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