

W/C 04.10.21



- 2 cups plain flour (all purpose)
- 2 tablespoons vegetable oil (baby oil and coconut oil work too)
- 1/2 cup salt
- 2 tablespoons cream of tartar
- 1 to 1.5 cups boiling water (adding in increments until it feels just right)
- gel food colouring (optional)

Your children absolutely love playdough. Fresh playdough is available in our setting every day and the learning opportunities are endless. I wanted to detail on page two and three the 7 benefits of Playdough in Early Childhood..

After making a batch of plain play dough, add 1-2 teaspoons of freshly squeezed juice and knead it thoroughly until no longer sticky at all. Add a small sprinkling of plain flour if needed.

For the **raspberry and blackberry variations** we crushed 3 small fruits and added them to the dough itself at the final stage. Pips, pulp and all! This made interesting textures but also beautiful natural colouring.

When making the **lime, clementine and lemon variations** add a couple of teaspoons of freshly grated zest to the dough in the final stages. This really makes the scent incredible!



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7 Benefits of Playdough in Early Childhood

1. Fine Motor Development

Moulding playdough is excellent for developing a child's fine motor skills.

Children need to develop their finger muscles and have proper finger control before they can learn to write at school. During the preschool years, they develop these muscles through a variety of play activities. Playdough is one of the best for this.

Children mould, flatten, squish, pinch, break and roll the substance.

To develop fine motor control even further, give your child extra utensils to play with such as cutters, plastic knives and a rolling pin. They can also use objects like beads, buttons and shells to add to their creations.

2. Vocabulary

As children work on their creations they form new ideas and concepts. They will learn new words such as roll, squeeze, flatten etc, as well as words describing what they are making. Their vocabulary increases while chatting to peers while moulding and also through a parent or teacher verbalising what they are doing as they play.

3. Creativity

When a child works with playdough, they basically have a blank canvas waiting to be moulded into something unique.

This activity works on creativity as a child has to mould from an image they hold mentally. Even if they try to reproduce something they have already seen, theirs will always look different.

4. Literacy and Numeracy

Following a basic recipe for playdough is a great opportunity to teach your child some maths by learning about measurement. They also learn about reading information for meaning, such as recipe instructions.

Adding small objects such as beads or buttons can provide a great opportunity to learn about number concept, as well as activities such as using a biscuit cutter to make multiple shapes out of the playdough. By using playdough, they can roll long "snakes" and shape them into letters with a parent's guidance, thus learning letter formation in a kinesthetic way. This is a great way to teach children to write their name.

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5. Concentration

Playdough is a quiet activity that requires a child to sit still for periods of time. This is great for lengthening a child's concentration span over time.

The more involved they are in what they are making, the longer they will push themselves to stay focused. As children develop a sense of perseverance they will also concentrate until their creation looks the way they want it to look, making changes until it is just right.

6. Science Concepts

Through playdough, children get an introduction to science concepts such as materials and how they change.

The texture of playdough can be changed by experimenting with varying the ingredients or adding water to make it harder, softer, more watery, etc.

Other substances such as sand and water can also be mixed and experimented with in a similar way.

7. Therapeutic Value

As mentioned above, playdough is an activity which children always have a positive experience with. The very nature of the substance makes it calming to play with. Few adults can even resist playing with playdough when they come across it.