



Things to do
at home

Making and playing with Playdough

No-cook Playdough Recipe

- 1 mug flour
- 1/2 mug salt
- 1 dessert spoon cream of tartar
(on baking shelves in supermarket)
- 1 dessert spoon vegetable oil
- 1 mug boiling water
- Few drops food colouring &/or glitter

Mix the dry ingredients together. Mix in the oil, water and food colouring until it forms a dough - finish the mixing with your hands as soon as it has cooled enough. Have fun stretching and squeezing together!

It will keep in a sealed bag or tub in the fridge for a few weeks.

Playing with playdough helps young children to:

- practise small finger movements – needed for later writing
- try out new words as they squeeze, stretch, pat, poke, roll...
- enjoy pretend play, using the things they make (snakes, cakes, etc etc!).

You could also use a rolling pin, jar lids or plastic cutters.



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