

## Playdough (cooked)

Birth to five Matters: Physical development: Intricately interwoven with emotional, social, cognitive and language development, physical development underpins all other areas of a child's learning and development.

### You are your child's teacher:

Use descriptive language: talk about what your child is doing avoid asking questions.

Introduce different smells, textures and utensils.

Let your child be creative with the dough.

Be warm, supportive, and encouraging.

### You will need:

1. 2 cups of plain flour (it does not matter what size cup you use as long as you keep it a consistent size)
2.  $\frac{3}{4}$  cup of table salt.
3. 2 teaspoons of cream of tartar (this is optional but keeps it fresher)
4. 2 cups of warm water.

### Method:

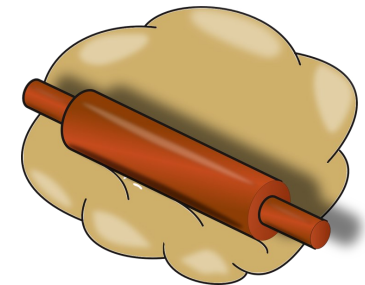
1. Stir together the flour, salt and cream of tartar in a large pan.
2. Add the water, food colouring and oil.
3. Cook over a low heat, stirring constantly. Continue to stir until the dough has thickened and begins to form into a ball.

### You could add:

Vanilla, mint or other essences

Different safe herbs

Pretend baking add pots, pans and safe cutlery



## Playdough without cooking

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You could add:

- Vanilla, mint or other essences
- Different safe herbs
- Pretend baking add pots, pans and safe cutlery

You will need:

- 1/2 cups of plain flour
- 1/2 cup of salt
- 2 tablespoons of cream of tartar
- 2 tablespoons of vegetable oil
- 1 cup of boiling water
- Food colouring (optional)

Method

1. Combine the flour, salt, cream of tartar and coconut oil in a bowl.
2. Add the food colouring to the boiling water and then pour this into the bowl with the other ingredients. If you are making this with children take care at this point and keep them at a safe distance.
3. Mix all the ingredients together until it starts to come together as a dough.
4. When the dough has cooled slightly take it out of the bowl and kneed it really well. This is the most important part!

