
Play Dough Recipe

Ingredients:

- 2 cups flour
- 3/4 cup salt
- 1 Tbsp cream of tartar
- 1 Tbsp oil
- 1 cup cold water
- food colouring



Directions:

1. Mix together flour salt and cream of tartar.
2. Add food colouring to water and stir. This will create a more even distribution of the food colouring.
3. Add water mixture and oil to dry ingredients and mix with your hands until well combined.
4. If mixture is dry and crumbly add more water until you get a better consistency. If mixture is too wet add more flour.
5. Store in an airtight container.

Benefits of Play Dough



- Playing with play dough is a great sensory activity for children. It also helps to refine fine motor skills, and hand-eye coordination.
 - Play dough supports emotional development through self-regulation, self-expression and engaging creativity.
 - It gives children the opportunity to explore shapes, size and other math concepts such as counting and seriating.
- Children use representation skills when they manipulate the play dough to express their ideas, feelings and experiences.
 - Language development can be supported through expanding vocabulary, conversing with others, using play dough to create stories or retell stories.
 - While playing with others play dough can also increase social skills through co-operating, helping others, interacting respectfully and conflict resolution.



Play Dough Recipe

Step 1

Measure 2 cups of flour.



Put into a mixing bowl.

Step 2

Add $\frac{3}{4}$ cup of salt.



Add 1 Tablespoon of
cream of tartar.

Step 3

Measure 1 cup of cold
water. Add 4 drops of food
colouring.



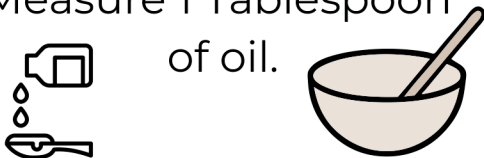
Step 4

Add water
mixture to
flour mixture.



Step 5

Measure 1 Tablespoon
of oil.



Add to mixing bowl.

Step 6

Mix together with your
hands until dough forms.

