

Play Dough Experience

Why play dough?

Play dough can be a fun and inexpensive activity that can provide many learning opportunities for children.

It can:

- Enhance fine motor skills through rolling, flattening and squeezing the dough.
- Inspire creativity with unlimited possibilities of what to make with play dough.
- Increase curiosity and knowledge through the discovery of shapes and colours.
- Support self-esteem. There is no right or wrong way to use play dough.
- Have a calming effect. Children work their stress out through their hands, so play dough can be another useful way to help release stress.

Here's what you'll need:

- 2 cups of plain flour
- 4 tbs cream of tartar
- 1 cup of salt
- 2 cups of water
- 1 tbs cooking oil
- Food colouring

Here's how to do it:

- Mix all ingredients in a saucepan, stirring over a medium heat for 3-5 minutes or until the mixture congeals. Allow the dough to cool and store in an airtight container when not in use.

Play-based learning at home

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- When your play dough is ready, place it on a clean and dry surface and encourage your child to roll, poke, squeeze, cut, flatten and manipulate the dough any way they want to.
- Use simple cookie cutters to identify shapes.
- Use objects from around the house to make imprints.
- Outdoor items such as leaves, shells and gum nuts all work well for this.
- Encourage your child to use their imagination to create various objects.

