



Playing with playdough

Playing with playdough improves children's finger and hand strength which will support their physical development for pencil control and writing.

With the playdough can you:

- Squeeze the dough as hard as you can
- Pat the dough flat
- Poke holes in the dough using different fingers
- Roll the dough into balls, sausages and wiggly worms

Cooked Playdough recipe:

1 cup of flour

½ cup of salt

1 teaspoon of cream of tartar

1 cup of water

1 tablespoon of oil

Put all the dry ingredients in a bowl.

Add the water and stir

Add the oil and stir

You can add a few drops of food colouring if you want coloured dough

Cook in microwave for 5 minutes – it will be hot when it comes out!

Uncooked playdough:

Use the same recipe with boiling water rather than in a microwave; mix and knead until a dough is formed.

Or use cold water and let your child mix it themselves.