

Playdough Activities



If you have a 'cup' measure, it makes it really easy. If not, I have converted the measurements!

To make playdough:

- 2 cups (256g) plain flour
- 2 tbs vegetable oil/baby oil/coconut oil
- ½ cup (64g) salt
- 2 tbs cream of tartar
- 1-1.5 cups (250ml) boiling water
- Food colouring, food essence (optional)

Add your flour, oil, salt and cream of tartar to a large bowl. Put boiling water in a jug (Careful, hot!) and add your food colouring and food essence if desired. Slowly add the water and mix to the right consistency. It should be slightly sticky but not wet. If you add too much water, like we did, you



can add more flour until it feels right.



We used the playdough for song time, dough gym, sensory play and imaginative play!

You can find a video of us making the playdough, doing dough gym and singing Wiggly Worm on the Beaucroft website! Please feel free to use this even if just to watch and give you a vague idea of some ways you can use playdough. As you can see in the videos – things don't always go to plan and they lose interest. Please don't worry about this or feel any pressure to do these activities. 😊

Dough Gym: Find a song you like and just boogie to it! This is a great way to bring in communication through music, listen to the music and see how it makes you feel. If there's a good beat, do some clapping with the dough, if it's a quieter song, do some gentle tapping!



Most of all, have fun! Release some energy and explore the senses!