

The Importance of Playdough

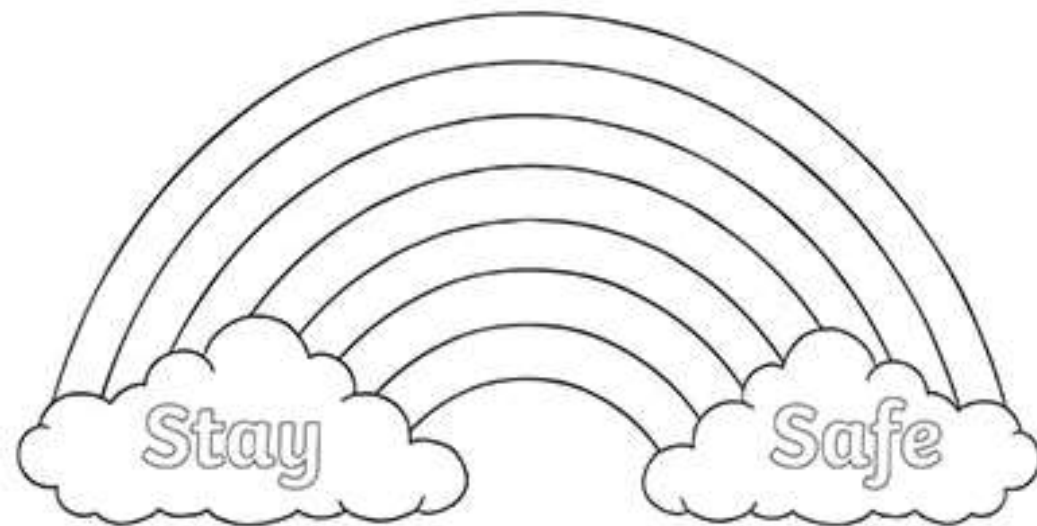
Playing with Playdough helps to improve fine motor skills which is beneficial to daily activities. It is a calming activity. Children work their stress out through their hands, so play dough is not only loads of fun, but can be another useful way to help your children to release stress.

Try making your play dough using different smells such as natural mint or lavender or perhaps adding different textures to your rainbow!

Send us your pictures and have fun!

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The Community Outreach Team



Salt Dough
Playdough Recipe

You will need:

- 2 cups flour
- 1 cup salt
- 1 cup water
- Food colouring (optional)

Method

1. Mix together the flour and salt in a large mixing bowl.
2. If desired, add 5-10 drops of food colouring to 1 cup of water.
3. Stir the water into the flour and salt in the large bowl.
4. Roll out the dough on a flat surface and knead it together. It should be soft and pliable.
5. Make models and ornaments.
6. The dough can be left to air dry or dried in a low oven 120-150°C. The time the dough takes to dry will depend on the size and thickness of your creations.



The recipe card features a green border with yellow star and bird motifs. At the top left is a circular icon showing a bowl of dough and a salt shaker. The ingredients list is followed by a 'Method' section with six numbered steps. Below the text are illustrations of a bag of flour, a glass of water, a salt shaker, and a star-shaped dough ornament.