

# Make your own playdough

Playdough is a simple and engaging way to support tamariki as they explore using their senses. It invites creativity, builds coordination, and offers endless opportunities for open ended play. Linked to Te Whāriki, this type of learning encourages tamariki to engage in playful learning that is led by their own ideas and imagination.

Playdough play can help tamariki to:

- Use their senses to explore texture, smell, colour and movement
- Strengthen their finger and hand muscles, develop fine motor skills, and improve hand-eye coordination
- Focus their attention and stay engaged
- Express creativity by creating and experimenting with new ideas
- Explore early maths and science concepts like weight, shape, pattern and measurement.



## Cooked playdough

- › 1 cup salt
- › 2 cups water
- › 2 cups flour
- › 2 tbsp cooking oil
- › 2 tsp cream of tartar
- › food colouring

Mix dry ingredients together. Add water, oil, and colouring. Blend until smooth. Stir over heat until mixture comes away from the sides, forming a ball. Tip the dough onto a board and knead well.

## Uncooked playdough

- › 1 cup salt
- › 2 cups flour
- › 1 cup hot water
- › 2 tbsp cooking oil
- › 1 tsp food colouring

Put flour and salt in a bowl. Mix water, oil, and colouring and combine with dry ingredients. Knead well - extra flour may be required. Add items such as essences and herbs for different smells and textures.

## Gluten-free playdough

- › 1 cup rice flour
- › 1 cup cornstarch
- › 1 cup salt
- › 1 tbsp cream of tartar
- › 2 tbsp vegetable oil
- › 2 cups water
- › Food colouring

In a large pot, mix together the rice flour, cornstarch, salt, and cream of tartar. Add the vegetable oil and water to the pot. Stir to combine. Cook the mixture over low heat, stirring constantly, until it forms a thick dough. Remove from the heat and knead the dough until it is smooth and pliable.

## Ideas for equipment:

- › Tools for cutting and shape-making such as shape cutters and utensils
- › Natural resources such as feathers, leaves and sticks
- › Cooking utensils such as pots and pans, bowls, measuring cups etc
- › Storytelling props such as animals, fences, dinosaurs, and rocks.

