



The benefits  
of playing  
with playdough

## Why do we play with playdough?

- It helps develop fine motor skills, hand-eye coordination and general concentration
- It helps develop imagination and creativity
- It can help calm and relax your child
- It can help develop early maths skills
- It can support with early writing skills by building muscles in the hands



Make  
your own  
playdough  
(child friendly)

You will need:

- 2 cups of flour
- 1 cup of salt
- 4 tsp of Cream of tartar
- 2 tpb of cooking oil
- Food colouring optional

Add all above ingredients to a bowl,  
your child can help with this part

### ADULTS ONLY

- Add 2 cups of boiling water
- Mix quickly until a ball is formed

When it is cool to touch, it is ready to play with

What can I  
do once I have  
made the  
playdough?

- Playdough is a sociable activity and gives children the opportunity to learn new words and concepts such as long and short.
- Roll some balls and use some tongs or large tweezers to pick them up.
- Make 5 fat sausages and sing the rhyme, '5 fat sausages sizzling in a pan'
- Use cutters to make shapes and talk about them.
- Use things to make the playdough smell different such as cinnamon, mixed herbs, lavender etc.

For older children: To extend the play, make letters in their names

