

Make your own playdough

Learning objectives/outcomes:

Children learn through play, and what better way to introduce them to new textures, consistencies and even smells, than through creating playdough! Playdough can help children to develop hand, eye, arm, and body coordination through squeezing, rolling, pinching and cutting with scissors. It's also a great way for them to express their creativity as playdough is easy to mould and manipulate.

By making the dough together and discussing things like colour, texture, and what happens when liquids are added, it's a great way to support your tamariki to learn.



What you need:

Uncooked playdough

- 2 cups flour
- 2 tbsp cooking oil
- 1 cup salt
- 1 tsp food colouring of your choice
- 1 cup water (hot water works best)

Method:

1. Put flour and salt in bowl
2. Mix water, oil and colouring and combine with dry ingredients
3. Knead well - extra flour may be required
4. Add items such as essences and herbs for different smells and textures
5. Let the fun begin!

What you need:

Cooked playdough

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

Method:

1. Mix dry ingredients together
2. Add water, oil and colouring
3. Blend until smooth
4. Stir over heat until mixture comes away from the sides, forming a ball
5. Tip the dough onto a board and knead well
6. Have fun making playdough creations!



Ideas for equipment:

Another great way to encourage learning through play is to use different types of equipment for tamariki to explore and create with. Things you might like to use could include:

- tools for cutting, shape cutters like cookie cutters, shells, garlic press, twigs and rolling pins
- cooking utensils including pots and pans, bowls, measuring cups and cooking trays
- tea set
- props to encourage dramatic play such as animals, fences, dinosaurs and rocks.

Curriculum links:

Settling to play with playdough can often provide children with a sense of security and a feeling of safety. This supports the well-being strand, where children's emotional well-being is nurtured and the belonging strand, where children begin to feel comfortable with the routines, customs and regular events.

Source:

<https://www.education.govt.nz/early-childhood/teaching-and-learning/learning-ideas/playdough/>



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