



Playdough



A Booklet for Parents to share with
their child

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Young children learn through their five senses. Making and playing with dough gives children the opportunity to:

- Explore the sense of touch as they pull, squeeze, knead, roll, twist and squash it.
- Use and develop their imagination by making pretend sausages, buns and cakes for parties.
- Develop hand/eye coordination when cutting, slicing and moulding.
- Talk about what they are doing.
- Count, share and identify shapes.
- Play out their ideas and experiences without fear of failure.
- Have a fun time learning with you.

Playdough Recipe

- * 2 cups of plain flour
- * 1 cup of salt
- * 2 cups of water
- * 2 tablespoons of cooking oil
- * 2 teaspoons of cream of tartar
- * Few drops of food colouring (add to water)

Put all ingredients into a heavy bottomed pan and mix together.

Cook over a medium heat, stirring constantly with a wooden spoon.

It will eventually pull away from the sides and form a ball. When cool, turn out and knead well. Store in an airtight container and this will keep in the fridge for several weeks.





Baker's Clay

- * 4 cups of plain flour
- * 1 cup of salt
- * 1.5 (one and a half) cups of water

Mix together all ingredients and knead for about 5 minutes. This can then be rolled out like pastry for children to cut into shapes for pretend biscuits. Bake the shapes in the oven for about 1 hour at 350°F. When cold, decorate with permanent non-toxic colour (some felt pens are ideal).

Remind children they are pretend and NOT FOR EATING.

Microwave Dough

- 2 cups of plain flour
- 2 cups of salt
- 2 cups of water
- 4 teaspoons of cream of tartar
- 2 teaspoons of cooking oil
- Few drops of food colouring

Mix all ingredients together in microwavable container. Cook in microwave on high for 1 minute, stir well. Repeat until mixture pulls away from sides. When cool, knead into ball ready for use. Equipment—knives, forks, pastry cutters, twigs, shells, etc.





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If you have any questions or queries please do not