

Sensory activity ideas

Playdough

What you will need:

- 2 cups plain flour
- 2 tablespoons vegetable oil (baby oil/coconut oil work too)
- 1/2 cup salt
- 2 tablespoons cream of tartar
- 1 to 1.5 cups of boiling water

Mix the flour, salt, cream of tartar and oil in a large mixing bowl

Stir in the water in small amounts and stir continuously until it becomes a sticky, combined dough

Allow it to cool down then take it out of the bowl and knead it vigorously for a couple of minutes until all the stickiness has gone. * This is the most important part of the process, so keep at it until it's the perfect consistency! *

If it remains a little sticky, then add a touch more flour until just right

To add colour into the playdough, mix your choice of food colouring into the boiling water and combine.

Adding fresh herbs or spices e.g. cinnamon can create a sense of wonder and exploration

