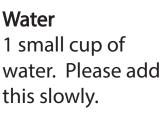# How to make Playdough

You will need:

Flour
You will need 2 cups of flour.

Salt
You will need 1 tablespoon of salt.

IMPORTANT:
If your child has eczema or a skin condition, please DO NOT use salt.

Water
1 small cup of water. Please add this slowly.

Oil
You will need 1 tablespoon of oil.

If you have any of these at home, you can also use:
food colouring to add colour, food essences to add smell and glitter to add some sparkle!

Making your Playdough:

STEP 1

Put the flour, salt, oil, and half of the cup of water into a large bowl.

STEP 2

Stir them all together.

STEP 3

If the mixture is too dry, add more water. If it is too wet then please add more flour.

> Please send us photos of you all playing with the playdough and tell us about the different things you made with it!
> You can email them to alison.bernstein@camden.gov.uk or WhatsApp them to 07876 651 950.

STEP 4

Knead the mixture for about 2 minutes.

STEP 5

Add the food colouring, food essences and glitter if you have any.

STEP 6

Sprinkle some flour on the table or on a tray, to stop the playdough from sticking. And now it's time to PLAY!

Storing your playdough

To store your playdough; place the dough in an airtight container or plastic bag.   It should stay fresh for at least 3 to 4 days.

This activity will develop the muscles in your child's fingers and will help them with their writing and drawing.

It encourages them to use their imagination and be creative, helps with their counting and measuring and speaking & listening skills and they will have lots of fun as they play.

To find out about more family learning opportunities, please visit:
www.camden.gov.uk/adultlearning

Call Alison Bernstein on 07876 651 950

or email alison.bernstein@camden.gov.uk

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