



Toddler Main Activity



Hands on at Home

Play Dough Fun!

Have some fun in the kitchen! Follow step by step instructions together to make some no-cook scented playdough. Wearing old clothes or an apron is recommended as this activity can get messy!

You will need:

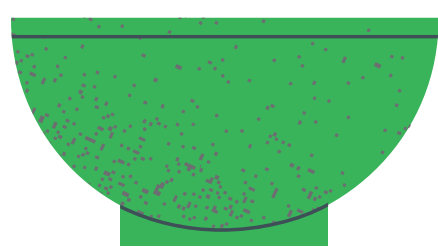
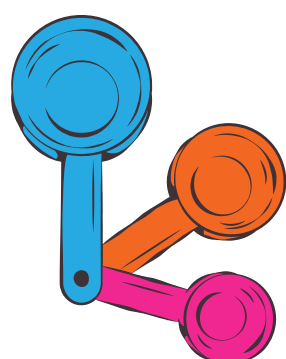
Playdough ingredients:

- 2 cups of flour
- 2 tablespoons oil
- 2 tablespoons cream of tartar
- ½ cup of salt
- 1 ½ cups of boiling water
- Food colouring



Ingredients to make your playdough scented:

- 2 tablespoons instant coffee grounds, cocoa or cinnamon
- Essential oils (1 teaspoon) can also be used, but these would stop the playdough from being taste safe
- Mixing bowl
- Measuring cups/spoons
- Mixing spoon



Method:

1. Begin by collecting all your ingredients together. You can ask your toddler to fetch some of the simpler ingredients if they are in an easy location (such as the salt or the measuring cups)
2. Ask your toddler to help you to measure out the dry ingredients, including the scents. This is a wonderful opportunity to talk about concepts like bigger and smaller. For instance, when adding a cup of flour to the mixture, talk about how it is much more than the 2 tablespoons of cream of tartar. If you are going to use two scents, place the dry ingredients for the two batches in separate bowls
3. Mix the dry ingredients together
4. Exercise caution and mix the boiling water and food colouring together away from your toddler and then add it to the mixture a little at a time
5. Once the mixture has cooled down, you can knead the dough until it is no longer sticky. Add a small amount of flour if the stickiness does not reduce
6. Sing the clean up song as you pack away
7. This activity is amazing because it works on all areas of development. Language and thinking are used when you give your toddler step by step instructions and demonstrate concepts like bigger and smaller. Small muscles work hard to knead the dough and measure out the ingredients. The shoulder, arm and tummy muscles get a good work out when mixing the dry ingredients together. Your toddler's senses are awakened by all the new things to touch, see and smell



Nanny 'n me
growing together