

Homemade Playdough

Ingredients:

- 2 cups all-purpose flour
- $\frac{3}{4}$ cup salt
- 4 teaspoons cream of tartar
- 2 cups lukewarm water
- 2 Tablespoons of vegetable oil
(coconut oil works too)
- Food coloring (optional)



Materials:

- Quart sized Ziplock bag
- Wax paper
- Large pot
- Wooden spoon or spatula

*Playdough can be stored inside the bags for up to 3 months.

Directions:

- Stir together in large pot:
 - 2 cups flour
 - 3/4 cup salt
 - 4 teaspoons cream of tartar



- Add 2 cups lukewarm water and 2 Tablespoons oil



- Cook over medium heat, stirring constantly



- Stir until dough is thick and begins to form a ball



- Remove from heat and place on wax paper



- Divide the dough into balls (for as many colors as you want)



- Add the dough into ziplock bags



- Add 5 drops of the food coloring per bag
- Knead the dough, while it is inside the bag, to mix the colors!



- Play!! (see page 4 for some fine motor ideas)

Fine Motor Activities with Playdough:

1. Roll playdough out using a rolling pin	
2. Make a snake or worm: roll playdough out using fingertips of both hands	
3. Roll playdough into a ball with palm	
4. Roll playdough into a ball with thumb and index finger	
5. Cut the playdough with scissors- try to cut 10 pieces!	
6. Make shapes (circle, square, triangle, heart) or designs with the playdough!	