

## Ann's Creative Corner

### Project #416: Making Playdough!

(by South Van Family Place)

- Recipe attached below! (2 cups flour, 1 cup salt, 2 tablespoons cream of tartar, 2 cups water with food colouring, 2 tablespoons veg. oil)
- In a large bowl, place the flour, salt and cream of tartar together and sift/mix together.
- Place the oil on top of this.
- Add the boiling water with food colouring in it to the entire mixture.
- Mix in slightly with a large wooden or strong spoon.
- Check to see if it is cool enough to touch.
- Knead together constantly until you form a nice ball of playdough.
- Children can help with the kneading process if it is cool enough. (warm to the touch)
- Enjoy just kneading and playing with it without any utensils to start with. See what shapes you can make with your hands.
- Add some playdough tools to the table so children may choose to roll it, use cookie cutters, squeeze it, poke it, cut it with plastic utensils etc.

#### Activity:

Use the playdough as reflecting feelings such as thinking of soothing things as you knead the playdough. It could also be used to lower aggression when someone is feeling stressed. Warm playdough is very soothing to children and adults!

