

SENSORY ACTIVITY

YOU NEED:

- 1 CUP PLAIN FLOUR
- 1 CUP VERY WARM WATER
- 1/4 CUP OF SALT
- 1 TBSP OF VEGETABLE OIL
- 2 TSPS OF CREAM OF TARTAR
- FOOD COLOURING - DIFFERENT COLOURS
- GLITTER (OPTIONAL)
- ESSENTIAL OILS (OPTIONAL) - PEPPERMINT, ROSEMARY, CEDAR AND FIR
- SPICES (OPTIONAL) - NUTMEG, CINNAMON OR MIXED SPICES

METHOD

- COMBINE ALL THE DRY INGREDIENTS IN A BOWL
- ADD FOOD COLOURING TO THE WARM WATER AND SLOWLY STIR IN THE VEGETABLE OIL, MIXING UNTIL ALL THE LUMPS ARE GONE
- HEAT OVER A MEDIUM HEAT, STIRRING CONSTANTLY. AFTER SEVERAL MINUTES IT WILL START TO MOULD TOGETHER
- WHEN THE PLAYDOUGH STARTS TO MOULD TOGETHER, REMOVE FROM THE HEAT
- KNEAD ON A COOL, CLEAN SURFACE UNTIL SMOOTH. TAKE CARE AS THE PLAYDOUGH WILL BE HOT AT FIRST. USE A SMALL AMOUNT OF FLOUR IF THE PLAYDOUGH BECOMES STICKY

PEPPERMINT - ADD RED FOOD COLOURING AND A FEW DROPS OF PEPPERMINT ESSENTIAL OIL.
GINGERBREAD - THE BROWN COLOUR COMES FROM 2 TABLESPOONS OF CINNAMON, 1 TEASPOON OF NUTMEG AND 1 TEASPOON OF MIXED SPICE