

Play is the key way children learn about themselves, others and the world they live in. It is essential to their learning, development, health, and physical, mental and social well-being – and it's FUN! Play provides the building blocks to be ready for school.



Playdough

Making playdough together is an activity in itself. Your child will enjoy mixing and squishing to make the dough.

Did you know?

Playdough is very cheap and easy to make at home and lasts for months in an air tight container in the fridge. See below for an easy recipe!

Add language

While playing, talk about how the playdough feels between your fingers and what it looks and smells like. Use action words and phrases e.g. "roll out", "cut up", "push down" to increase the number of words your child knows and their language for describing.

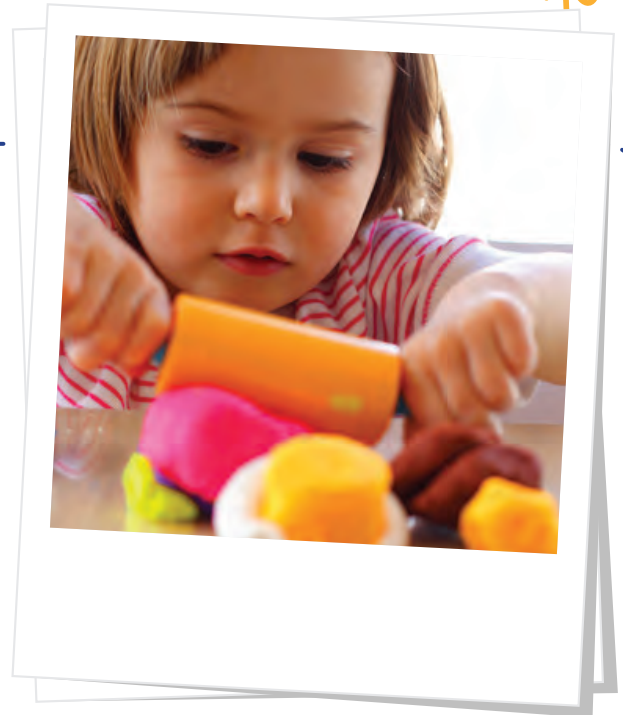
Wait quietly for your child to show or tell you something. Then make a comment or ask a question that keeps the conversation going e.g. "I made snake". "You made a long snake", "Where is your snake going?". The longer children stay in a conversation the more talking practise and feedback they get. This is how their language grows!

Variations

Add glitter, pop sticks, match sticks, twigs, leaves and other items you can find around the home to make the playdough more interesting.

Safety

Pay special attention to safety when using hot water. Homemade playdough is safe! However, eating large quantities is not a good idea.



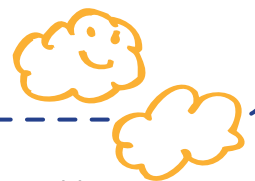
Making Playdough

Ingredients

- 1 cup salt
- 2 cups plain flour
- 2 tablespoons oil
- 3 teaspoons cream of tartar
- 2 cups boiling water
- colour if required

Method

1. Combine ingredients (except water) in a bowl.
2. Pour the boiling water and stir.
3. Knead lightly on table top.
4. This will store in an airtight container in the fridge for months.



🔖 Playgroup WA has a treasure trove of play activities for babies, toddlers and 3-5 year olds, for home and playgroup. These play activities cover a balanced diet of play across sensory, movement, language and thinking skill areas.

You can find them at www.playgroupwa.com.au/playideas or visit www.facebook.com/playgroupwa