

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

Playdough is a favourite activity across many playgroups!

Did you know?

Playdough at playgroup is a chance for children to learn social skills such as sharing and playing together (known as cooperative play). It is also a great introduction to pretend play – “Let’s make a cake from the playdough”.

Add Language

Change the words you use depending on the children’s ages. For younger toddlers, repeat simple, single words - roll, push, cut - to describe their actions. Repeat words and wait for them to then copy you. For older children playdough is good to explore describing words e.g. sticky, smooth, soft.

Other Development

Playing with playdough is a way for children to develop finger strength. This is needed for many later tasks such as using pencils and scissors. Playdough scissors are a safe way to learn cutting skills without the sharp blade.

Variations

Set up playdough a little differently each week; sometimes using glitter, pop sticks or matchsticks. Other weeks rolling pins and cutters; or cups, plates, knives and forks can be used for a food themed pretend play session. Other themes could include farms, dinosaurs or birds’ nests.



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