

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](http://www.playgroupwa.com.au/playideas) or visit [www.facebook.com/playgroupwa](https://www.facebook.com/playgroupwa)