

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.



## More fun with playdough

Playdough is engaging for children (and adults!) of all ages. Playdough is an open-ended activity. The focus is on the play itself rather than the final product. Perfect for playgroup!

### Did you know?

Playing together with playdough promotes turn taking and conversation!

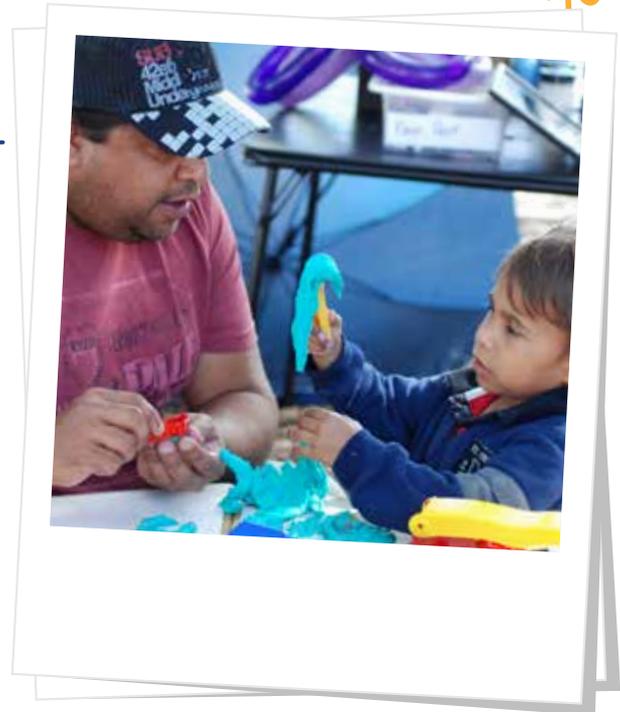
### Add language

Labelling and describing what you or the children are doing helps you focus and share the activity together. It also helps build language skills. This can be with simple or more complex language depending on the age of the children you are with e.g. "big ball" with younger children; "I'm rolling orange playdough into a big ball to make the body for a cat." with older children.

### Other development

Babies are keen observers and will love watching the older children. A mobile baby will want to join in, so try having some sensory items that are safe for them to play with or sit down with your baby and play with dough together.

Giving specific praise and encouragement boosts self-esteem and may encourage your child to keep going



with creative play. For example, "I love the creature you have made. You really know how to put the shapes together in an interesting way."

### Variations

Why not give each child in the group the same simple props to use with the playdough e.g. straws, feathers, sticks, gumnuts, pebbles (the list is endless!) and see what different things each child comes up with?

Children love making things at playgroup! Try a simple dough that can be baked or air dried. Decorations, letters of their name and creative sculptures are all things children will love creating and exploring with at playgroup.

- 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)



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## More fun with playdough Continued...

### Safety

Pay special attention to safety when using hot water to make playdough. Home-made playdough is safe to eat although discourage children from consuming large quantities.

### Making Playdough

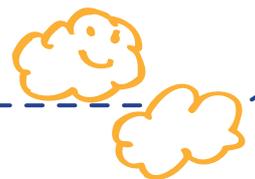
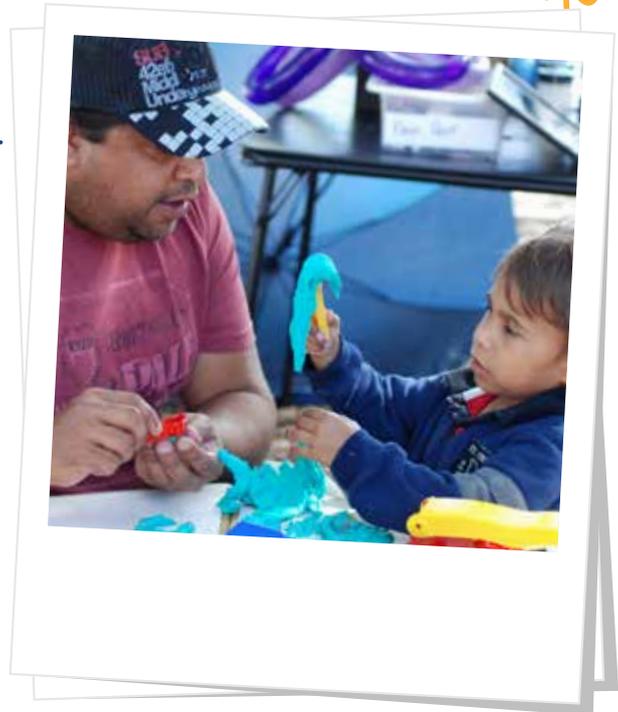
Here is a quick easy recipe which keeps well in the fridge for months:

#### 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.



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