

Sensory Playdough



What you need:

- + 2 cups plain flour
- + 2 tablespoons cooking oil (coconut oil works too)
- + 1/2 cup salt
- + 2 tablespoons cream of tartar
- + 1 to 1.5 cups hot water (adding in small amounts until you are happy with the consistency)
- + Gel food colouring (optional)
- + Aromatic Spices - curry powder, cinnamon, cloves, paprika, nutmeg, garlic or ginger

What are the spices you use at home?

- + Cumin is the most popular spice in the world, and coriander (or cilantro) is the most commonly used herb
- + Oregano is common in the Mediterranean regions.
- + In Europe and Africa, garlic is the most common among all dishes

What to do:

- + Mix the flour, salt, cream of tartar and oil in a large mixing bowl
- + Divide into three or four smaller bowls and add one spice to each one, to make the dough strongly scented.
- + Add ¼ cup of water (add food colouring to the water) to each bowl and stir continuously until it becomes a sticky, combined dough
- + Take the mixture out of each bowl and knead it until all of the stickiness has gone. The kneading is the most important part of the process, so keep at it until it's the perfect consistency! If it remains a little sticky, add a touch more flour until just right

Conversation starters:

- + What does this playdough smell like?
- + Does this smell like something we eat?
- + Do you think it smells sweet or savoury?

DID YOU KNOW

Salt acts as a preservative, and also adds texture and body to the dough. The oil acts as a lubricant and helps to keep the dough moist and not sticky

