

STARLIGHT'S BEST PLAYDOUGH RECIPE



YOU WILL NEED:

- 2 cups of flour
- ½ cup of salt
- 1 cup of warm water (possibly a bit more)
- 2 tablespoons vegetable oil
- Food colouring (if making it colourful!)

METHOD:

- 1. COMBINE** the dry ingredients in a bowl.
- 2. ADD** the oil and food colouring to the dry ingredients.
- 3. ADD** the water bit by bit, stirring to form the dough.
- 4. KNEAD** until you reach your desired consistency – adding more water if the mixture is dry.



FUN IDEAS TO EXPLORE PLAYDOUGH:

CUSTOMISE IT! Add glitter, spices, herbs, vanilla or almond extract, grated lemon or lime to enhance sensory play.

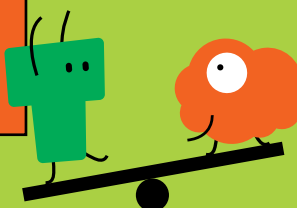
MAKE A RAINBOW! Split the playdough into portions and add different colouring to each dough to create multiple colours.

ADD TEXTURE: Add dried herbs or flowers, beads, sand, rice or pasta.

MAKE IT THEMED! Match playdough to holidays or seasons (e.g. orange for Halloween, glitter for fireworks night, red and green for Christmas).

SAFETY FIRST:

All activities should be supervised by an adult. Be sure to check materials for wear, breakage, or choking hazards, especially with younger children. Always follow age-appropriate guidance and clean up after play.



Scan the QR code to
access further resources

STARLIGHT

TRANSFORMING CHILDREN'S HEALTH THROUGH PLAY

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