Let's play with dough!

Recipes and ideas for a whole year's fun with dough

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Please feel free to print this booklet and share the activities with your children at home, school or wherever you play but please leave the credit above. Enjoy!

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Playing with dough is great for...

**Chilling out:** as it’s perfect for engaged but relaxing, sensory play

**Mixed age groups:** as everyone can play their own way

**Fine motor skills:** developing strength and dexterity in little fingers

**Creativity:** use our 52 ideas for a different kind of play every week of the year

**Science, maths and literacy:** take a look at our ideas for how to pack your play with lots of learning
Add in some maths

Weigh and measure the ingredients to make your dough
Make different shapes and count all the sides and chop them into fractions
Roll your dough into different sized balls and arrange them from big to small
Use your dough to play shop or café and practise adding up the prices

Encourage writing and language

Turn your dough into letters
Chat as you play and talk about how the dough feels, what characters you’re making, what they might say
Make marks in your dough and practise ‘writing’
Encourage creativity

Let the children play their way: creating their own shapes, characters and models

Mix in lots of different materials to spark their imagination

Stimulate the senses by adding colour, scents and added textures to the dough

Have a change of scene and try out your dough in the garden, in the play kitchen, in the dolls house, in a play café
Try out a different play dough adventure every week of the year!

Add in…

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<th>Lolly sticks</th>
<th>Rolling pins</th>
<th>Cotton reels</th>
<th>Pebbles</th>
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<td>Matchsticks</td>
<td>Drinking straws</td>
<td>Flags</td>
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<td>Feathers</td>
<td>Bottle tops</td>
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<td>Vanilla essence</td>
<td>Muffin tins</td>
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<td>Cake cases</td>
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<td>Toy cars</td>
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<td>Toy people</td>
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<td>Spoons</td>
<td>Curtain rings</td>
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Bread dough recipe

500g strong bread flour
1 teaspoon salt
7g sachet fast action dried yeast
1 tablespoon oil
300ml warm water

Mix all the ingredients in a large bowl to form a dough
For play: let the children knead and model with the dough
For bread: knead for 5 minutes then leave to prove for 1 hour
Bake on an oiled baking sheet at Gas 7 / 220C / 425F
For 10 mins (small shapes) or 25 mins (for a loaf)
Cooked Play Dough
2 cups water
2 cups plain flour
1 cup salt
2 tablespoons vegetable oil
1 1/2 tablespoons cream of tartar

Stir in a pan over a low heat until the dough comes together.
Allow to cool then play!

No-cook Play Dough
1 1/2 cups boiling water
2 cups plain flour
1 cup salt
2 tablespoons vegetable oil
2 tablespoons cream of tartar

Stir together in a large bowl then play!

Salt Dough
(for ornaments)
1 cup water
2 cups plain flour
2 cups salt

Bake at Gas 1/2 / 120C / 250F for 2—3 hours to harden, then paint and varnish.

Add extras: food colouring, glitter, food essences (vanilla, orange, peppermint...), rice, lentils, sequins.....
Discover lots more creative play ideas at

[www.nurturestore.co.uk](http://www.nurturestore.co.uk)