



# Let's play with dough!

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

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your children at home, school or wherever you play but please  
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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....

Lolly sticks	Rolling pins	Cotton reels	Pebbles
Matchsticks	Drinking straws	Flags	Beads
Feathers	Bottle tops	Cotton wool	Wooden blocks
Vanilla essence	Muffin tins	Lego	Garlic press
Cake cases	Bubble wrap	Potato mashers	String
Cookie cutters	Fir cones	Spatulas	Wool
Toy cars	Sticks	Scissors	Ribbon
Dinosaurs	Saucepans	Sequins	Dry pasta
Toy animals	Ice cube trays	Clothes pegs	Rice
Toy people	Fabrics	Googly eyes	Lentils
Knives	Pizza cutters	Buttons	Glitter
Forks	Corks	Paint rollers	Cardboard tubes
Spoons	Curtain rings	Marbles	Pencils



## 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)

