

# Playdough, Sand and Water

## Activities to do at Home

### Homemade playdough

#### Ingredients

Serves: 4

250g plain flour

50g salt

140ml water

1 to 2 tablespoons cooking oil

few drops food colouring (optional)



#### Method

Mix together the flour and salt in a large mixing bowl. Add the water and oil.

Knead well until mixture is smooth about 10 mins. You might need to add a bit more flour or water until the consistency is smooth but not sticky.

Add food colouring and knead until the colour is fully blended – it is ready to use.

Store in a plastic bag in the refrigerator – it will keep for a week or so.

#### Mix colours



Play dough is one of the most frequently used resources in early years settings because it supports learning across the curriculum. It is particularly important in helping children to develop the fine motor skills needed for writing.

#### Add glitter



<https://www.youtube.com/watch?v=i-lfzeG1aC4>



Be aware of safety issues when using kitchen utensils. Never leave young children on their own.

## Water Play at Home

### Bathtime

Give children a range of household resources at bath time: funnels, empty milk cartons and other containers, washing up liquid bottle so they can squirt. Empty handwash container so they can pump the water.

Never leave children alone in the bath



Float  
and  
Sink

Use a range of household  
containers and basins



### Washing toys



### Food colouring and fairy liquid



### Add different items to bowls of water



Playdough and Water Play helps develop children's physical, emotional and creative skills. It also promotes mathematical and scientific learning.