



OT Mom Learning Activities



Homemade Playdough Recipe

Wondering how to make playdough? Try this step-by-step homemade playdough recipe. It takes about 15 minutes to cook, plus about half an hour to cool before putting it into a bag.

I use this recipe for all my occupational therapy playdough activities.

Ingredients:

- ✓ 2 cups all purpose flour
- ✓ 1 cup salt (table salt)
- ✓ 2 Tablespoons cooking oil
- ✓ 2 cups water
- ✓ 4 teaspoons cream of tartar
- ✓ a few drops food coloring

What you need:

- ✓ a large pot
- ✓ a wooden spoon
- ✓ wire whisk (optional)
- ✓ a clean, dry plate (preferably warm to prevent the dough from getting sticky with condensation)

		<p><u>Step 1</u></p> <p>Add all ingredients to large pot. Stir (or whisk) well to combine.</p>
		<p><u>Step 2</u></p> <p>Slowly heat over medium heat, stirring all the time. Stir, stir, stir, feel those arm muscles working!</p>
		<p><u>Step 3</u></p> <p>Stir, stir some more, feel the mixture stiffening. Just keep moving the dough around so it heats through evenly.</p>



Copyright Tracey le Roux All Rights Reserved

You may print and hand out this article to help others.

Please do not distribute online or link directly to the PDF from your own blog – please use the link below. Thank you!






<http://www.ot-mom-learning-activities.com/homemade-playdough-recipe.html>





OT Mom Learning Activities



 <p>OT Mom Learning Activities</p>	<p><u>Step 4</u></p> <p>Try pressing your fingers into the dough to see if it is still sticky. Be careful not to burn your fingers!! This is still a bit sticky, as can be seen from the big globs still sticking to the side of the pot.</p>
 <p>OT Mom Learning Activities</p>	<p><u>Step 5</u></p> <p>It is best to “overcook” the dough slightly, rather than under-cook it, so if your arms can bear it, keep it going even though it seems done.</p>
 <p>OT Mom Learning Activities</p>	<p><u>Step 6</u></p> <p>This is done – it makes a nice ball and leaves no stickiness when you press it. (Be careful!, it is probably rather hot by this stage)</p>
 <p>OT Mom Learning Activities</p>	<p><u>Step 7</u></p> <p>Turn the dough onto the clean, warm, dry plate, and knead it a little until smooth.</p>
 <p>OT Mom Learning Activities</p>	<p><u>Step 8</u></p> <p>Flatten it out so it can cool more quickly, and give it a quick knead every few minutes to prevent a crust from forming.</p>

Store the playdough in an airtight plastic bag (Ziploc is good) or in an airtight container.

This dough will last for months, provided that your kids have reasonably clean hands when they play with it, and that they don't lick the dough!

Check out my playdough activity ideas at
www.ot-mom-learning-activities.com/playdough-activities.html



Copyright Tracey le Roux All Rights Reserved

You may print and hand out this article to help others.

Please do not distribute online or link directly to the PDF from your own blog – please use the link below. Thank you!

<http://www.ot-mom-learning-activities.com/homemade-playdough-recipe.html>

