



WELCOME TO KINDERGARTEN



Playdough

Playdough can be explored by children (and adults) as a sensory play and an open-ended activity. It has many benefits. Playdough:

- Enhances fine motor skills
- Improves pre-writing skills
- Promotes creativity and imagination
- Provides a calming effect for relaxation
- Develops hand-eye coordination
- Encourages learning of math and science
- Increases curiosity and knowledge
- Promotes social skills when played with others

TALK

- **Outdoor Nature Inspired:**

1. Make green playdough. A fun option is to scent playdough by adding drops of essential/fragrant oil, cooking oil, extracts (e.g. vanilla, peppermint), or spices.
2. Add outdoor inspired loose parts, e.g. leaves, twigs, branches, pinecones, small stones, etc.



- **Ocean Inspired:**

1. Make blue playdough.
2. Add rocks, shells, and variety of ocean animals like fish or starfish.



READ

- Playdough is a wonderful material to be used as an **extension for your storybooks**. You can also use playdough as a platform for storytelling.
- For example, the Three Billy Goat Gruff:
<https://www.youtube.com/watch?v=oi0-OJqQFXk>
 - Make a troll, a bridge, three goats and trees with playdough; or find items to represent the characters or objects in the story.
 - Set up the scene by using green or brown playdough. (Alternatively, you can use colored paper.)
 - Re-tell or create a new story.



SING

- **The Playdough Song** (to the tune “Here We Go Round the Mulberry Bush”)
 - *Lyrics:* *This is the way we make the playdough, make the playdough, make the playdough. This is the way we make the playdough, when we’re at the table.*
 - Other verses include *squish the playdough, roll the playdough, pound the playdough, shape the playdough* and *knead the playdough*.

PLAY

- **Playdough Recipe** (source: www.theimaginationtree.com)
 - Ingredients:
 - 2 cups of plain flour (all purpose)
 - 2 tablespoon vegetable oil (baby oil and coconut oil will work too)
 - ½ cup of salt
 - 2 tablespoon cream of tartar
 - 1-1.5 cups of boiling water (add in increments until texture is just right)
 - food colouring (optional)
 - few drops of glycerin (optional – but great for stretch and shine)
 - Directions:
 - Mix flour, salt, cream of tartar and oil in a large mixing bowl.
 - Add food colouring to the boiling water. Then, add into dry ingredients.
 - Stir continuously until it becomes a sticky, combined dough.
 - Add glycerin (optional).
 - Allow to cool. Take it out of the bowl and knead vigorously for a couple of minutes until it is no longer sticky. If it is still sticky, add a bit of flour.

- **Playdough Props** (source: <https://www.naeyc.org/our-work/families/playdough-power>)



- birthday candles
- cookie cutters
- rolling pins or plastic bottles
- bottle caps
- combs
- plastic utensils
- large buttons
- leaves and twigs
- rocks and pebbles
- small toy animals

