



WELCOME TO KINDERGARTEN



Playdough

TALK

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
- Builds vocabulary
- Encourages learning of math and science
- Increases curiosity and knowledge
- Promotes social skills when played with others

Playdough time is also a great time to engage in conversations around one's culture.

E.g., What cultural food items can you and your child make/create and have conversations around it.

Sing together: **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*.

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.

CREATE

Outdoor Nature Inspired:

- 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.
- Add outdoor inspired loose parts, e.g. leaves, twigs, branches, pinecones, small stones, etc.



Ocean Inspired:

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



PLAY

Playdough Recipe

- 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)
- 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.
 - 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.

For more sensory dough recipes: <https://lemonlimeadventures.com/12-months-sensory-dough/>

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

