

USING FUN DOUGH



This activity provides opportunity for creativity and imagination as well as motor skill development. It also provides satisfaction in emotional aspects, especially if the dough is still warm or has added smells (a few drops of lavender or peppermint). You need to prepare a box of suitable moulding and cutting aids (plastic knife, scissors and cookie cutters and a small rolling pin).

Ingredients

- 1 cup of plain flour
- 1 cup of water
- 1 tablespoon of cooking oil or baby oil
- 2 teaspoons of cream of tartar (for elasticity)
- 1/2 cup of salt
- Food colouring (add more drops for more vivid colours)



COOKED IN A SAUCEPAN

Place all of the ingredients in a pan and place over a low heat.

Stir continuously until the mixture starts to leave the sides of the pan.

Continue to stir until the mixture thickens to a firm dough.

Allow to cool before kneading on a well floured surface..



COOKED IN A MICROWAVE

Place all of the ingredients in a plastic container then stir and cook for two minutes on full power.

Stir the mixture before microwaving again at 1 minute intervals stirring each time until it has the consistency of play dough.

Allow to cool before kneading on a well-floured surface

Store in an airtight container, cling film or sealable plastic bag.