

Making Playdough

The benefits of play dough are endless! Play dough is a great sensory activity that provides your little one an opportunity to explore by touch, feel, smell (and sometimes taste) and allows their imagination to run wild while they mould and build with various shapes and cutters! Involve your little one in making the dough to enhance their learning experience (and keep them occupied for 2.5 minutes).

***Pro tip-** once the play dough is made, pair it with some kitchen utensils and let your child go wild!*

What you'll need:

- 1 cup of flour.
- 1/4 cup of salt.
- 3/4 cup of water.
- 3 tablespoons of lemon juice.
- 1 tablespoon of vegetable oil.
- Food colouring.



How to make it:

- Add the water, oil and lemon juice to a medium non-stick pot and heat on low-medium heat
- Add food colouring to the water mixture.
- In a mixing bowl, combine the flour and salt.
- After the water is hot, but not boiling, slowly add the dry ingredients to the pot and use a wooden or plastic spoon to combine.
- Continuously stir until they are all combined and begin to form a ball. If there are parts that seem a bit sticky still, just flatten the dough and put the sticky side down on the bottom of the pot briefly. Flip back and forth until it isn't sticky anymore. Make sure not to cook it too long, it is better to be a bit undercooked as it will firm up as it cools down.
- Place on a sheet of baking paper until it cools, then knead the dough for a minute or two to bring it all together.

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