



Dough Recipes

<p><u>Cooked Play Dough</u></p> <p>2 cups water (<i>fruit tea bags if using</i>) 2 cups plain flour 1 cup salt 2 tbsp vegetable oil 1 1/2tbsp cream of tartar Food colouring or cocoa if using</p> <p>Stir in a pan over a low heat until the dough comes together.</p> <p>Allow to cool then play!</p> <p><u>Fruity dough</u></p> <p>1 pkt of crystallised or powdered jelly 2 cups plain flour 1 cup salt 4 tbsp cream of tartar 2 tbsp cooking oil 2 cups boiling water</p> <p>Mix dry ingredients together in a pan, add the boiling water and stir. Heat and keep stirring until the ingredients come together. Add food colouring, or less water and 2 tbsp of oil for thicker, stretchier dough.</p>	<p><u>No-cook Play Dough</u></p> <p>1 1/2 cups boiling water (<i>add food colouring/fruit tea bags/cocoa to water if using</i>) 2 cups plain flour 1 cup salt 2 tbsp vegetable oil 2 tbsp cream of tartar</p> <p>Stir together in a large bowl then play!</p> <p><u>Fluffy Snow dough</u></p> <p>1 cup soap flakes 3 cups warm water Food colouring if desired</p> <p>Add the food colouring to the water, then add the soap flakes and beat with an electric mixer until the soap is fluffy until it can be manipulated.</p>	<p><u>Salt Dough (for ornaments)</u></p> <p>1 cup water 2 cups plain flour 2 cups salt</p> <p>Bake at Gas 1/2 / 120C / 250F for 2—3 hours to harden, then paint and varnish.</p> <p><u>Cloud dough</u></p> <p>5 cups plain flour 1 cup baby oil Glitter – optional Food colouring – optional Flavouring or scented oil – optional</p> <p>Stir oil into flour and add glitter and/or food colouring if wished. Add flavouring or scented oil for additional sensory exploration.</p>
<p><u>Play clay</u></p> <p>1 cup cornflour 2 cups Bicarbonate of soda 1 ¼ cups water Liquid paint or food colouring</p> <p>Mix cornflour and bicarbonate of soda in a mixing bowl. In a separate bowl mix water with the paint or food colouring. Slowly add flour mixture to the water and stir. Microwave for about 5 minutes, stopping every 30 seconds to stir, or cook on the hob over a low heat for approximately 15-20 minutes, stirring constantly. This hardens when left and can be painted.</p>	<p><u>Bread dough</u></p> <p>1 slice of bread (no crusts) 1 tbsp PVA glue Food colouring – optional</p> <p>Tear bread into tiny pieces and put into a bowl. Add the glue and squeeze together with fingers until it resembles sticky dough.</p> <p><i>Instead of using PVA mix bread with flour and water paste to make models and leave out for the birds.</i></p>	<p><u>Sand dough</u></p> <p>4 cups clean play sand 3 cups plain flour 1 cup water ¼ cup vegetable oil</p> <p>Mix flour, sand, water and oil in a mixing bowl. Squeeze and knead with your hands until the mixture forms a ball. You may need to add more water or more flour to reach the right consistency.</p>

Coconut play dough

1 cup corn flour
5 tbsp coconut hair conditioner
Add any of the following items:
Twigs, beads, pine cones,
desiccated coconut.

Shampoo Dough

$\frac{3}{4}$ cup plain flour
 $\frac{1}{3}$ cup pva glue
 $\frac{1}{4}$ cup thick shampoo

Mix all ingredients in a bowl and knead. Add more flour if needed to make right consistency. Can be left to air dry once modelled and painted if wished.

Papier Mache

$\frac{1}{2}$ cup plain flour
2 cups cold water
2 cups boiling water
3 tbsp sugar

Mix flour and cold water in a bowl and add to the boiling water and bring back to the boil. Remove from heat and stir in the sugar. Leave to cool.

Children can tear narrow strips of newspaper for rounded shapes and larger strips for flat surfaces. Spread Vaseline over mould before placing strips on. Dip strips into the paste until coated completely, then pull through your thumb and finger to squeeze out any excess paste and drape over mould, overlapping as you go.

Sensitive Skin Play dough (for children with eczema)

1 cup corn flour
5 tbsp emollient cream (aqueous)
Few drops gel food colouring – optional

Sun clay

2 cups salt
1 cup cornflour
Water

Mix salt and $\frac{2}{3}$ cup water in a saucepan. Cook over a medium heat for 4-5 mins until salt has dissolved. Remove from heat and in a separate bowl, slowly mix $\frac{1}{2}$ cup water to the cornflour and stir until smooth, then add to the salt mixture. Return to heat and stirring, cook until smooth. Children can model the clay on a tray or paper plate and decorate with natural objects. Leave in the sun to dry.

Sand dough 2

2 cups plain flour
1 cup salt
2 tbsp cream of tartar
2 tbsp oil
2 cups boiling water
2 cups sand
Few drops yellow food colouring

Mix flour, salt and cream of tartar. Put food colouring and oil in the water and add a cup at a time. Stir well. Add sand a bit at a time and stir.

Mud dough

2 cups mud
2 cups sand
 $\frac{1}{2}$ cup salt

Mix all of the ingredients together and add enough water to make it pliable.

Oat dough

2 cups water
1 cup oats
1 cup plain flour
Cinnamon (optional)

Boil water. Mix boiling water and oats in a mixing bowl, add enough flour to make it doughy. Add cinnamon if desired.

Sawdust clay

2-3 cups sawdust
1 cup plain flour
Water

Mix ingredients with enough water to make it stiff but squishy. Add more flour if crumbly. The more you knead the more elastic it becomes. Make pots, bowls and flat shapes. Air dry, and sand if desired and painted when dry.

Add one or some of the following for a more interesting experience!!

Lolly sticks Matchsticks Feathers Cake cases Cookie cutters Toy cars Dinosaurs Toy animals Toy people Wooden blocks Garlic press String Wool Ribbon Dry pasta Food essences/flavourings Cocoa Herbs (lavender, rosemary etc) Spices (ginger, cinnamon, nutmeg and allspice are good)	Knives Forks Spoons Rolling pins Drinking straws Bottle tops Muffin tins Bubble wrap Fir cones Sticks Saucepans Ice cube trays Fabrics Pizza cutters Corks Glitter Cardboard tubes Pencils	Cotton reels Flags Cotton wool Lego Potato mashers Spatulas Scissors Sequins Clothes pegs Googly eyes Buttons Paint rollers Marbles Pebbles Beads Rice Lentils Oats
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Paint Recipes

Smelly Finger Paint

Wallpaper paste
Water
Food colouring
Essences e.g. vanilla, almond, peppermint, lemon etc

Mix the wallpaper paste with water until you have a thin paste. Add food colouring and few drops of your chosen essence. Mix well and let your fingers do the painting!!!

Yummy yoghurt paint

½ carton plain yoghurt
½ packet of jelly (made up)

Mix the yoghurt and jelly together and use to finger paint on paper plates or on waxed paper.

Puffy paint

Shaving cream
Food colouring or paint
Glue

Mix equal amounts of shaving cream and glue. Add a few drops of food colouring or paint. Mix together, provide brushes, combs, sponges, bowls and hands, then have lots of FUN.

Gritty finger paint

1 cup plain flour
1 cup water
1 to 1 ½ cups of salt/sand or oats
Food colouring

Mix the flour with the salt, sand or oats. Add the water and stir thoroughly. Add the food colouring a little at a time until you reach the colour you want.

Smooth finger paint

¼ cup salt
2 tbs cornflour
1 cup water
Food colouring

Mix the water, salt and cornflour in a saucepan and bring to the boil. Keep stirring until it is the consistency of yoghurt. Pour into containers and add food colouring to make up a variety of colours. When cool feels smooth and silky. If stored in air tight containers in the fridge will last for several weeks.

Sticky finger paint

Golden syrup
Food colouring

Mix the golden syrup with a drop or two of food colouring. Mix well and store in zippy bags or air tight containers.

Incredibly sticky and wet when using but dries and looks very shiny.

Jiggly jelly paint

1 pack jelly (any flavour)

Mix up the jelly as per the packet instructions. Place in fridge until it has a gooey consistency (may need to add extra water when making if leaving overnight).

Use to finger paint.

