

• NAME OF LESSON •

SCENTED PLAYDOH

MATERIALS REQUIRED

- 1 cup All-purpose (Plain) flour
- 1/2 cup Salt
- 2 tsp Cream of Tartar
- 2 Tbsp Dried spice of choice or essential oils (see below for some suggestions!)
- 1 1/2 Tbsp Oil, Cooking
- 1 cup Water
- 1-2 drops of food colouring (optional)

HOW TO

1. In a mixing bowl, combine flour, salt, cream of tartar and spice. Stir it all together.
2. Place a non-stick saucepan over medium heat.
3. Pour dry ingredients and then oil and water into the heated pan. [add essential oil and food colouring here if not using spices]
4. Cook, stirring until dough forms a firm but flexible ball, 2 to 3 minutes.
5. Set play dough on a cutting board until cool enough to handle (careful – it will be very hot!)

This recipe is for one batch of scented play dough. You would need to make this several times, depending on how many “flavours” you want to make.

Dig through your cupboards to find items you can add to your play dough. Be creative! Almost anything on your spice shelf will work, but we also recommend not using anything with chili peppers or spicy ingredients as these may hurt little hands and eyes. Some examples are:

cocoa powder, paprika, ground thyme, mustard powder, ground allspice, ground nutmeg, ground cinnamon, green tea powder, any kind of crushed dehydrated fruits and ground rosemary and the list goes on!

If you are low in spices don't worry! Essential oils also do the trick. Lavender is a great scent for a calming playdough. Add a drop of purple food colouring to enhance the calming nature of the dough.

Be as creative as your kitchen cupboards let you be!