



Recipes for Playdough and Paint Activities



**By
Vanessa Fisher
and
Andrea Oliver**





Pre-School Playdough

4 cups of flour,

2 cups of salt,

4 teaspoons of cream of tartar,

4 cups of water,

4 tablespoons of oil,

Food colouring.

Place all the ingredients into a large saucepan and cook. Keep stirring at all times, otherwise the playdough will burn on the bottom of the saucepan. The mixture will eventually start to thicken up into a lump. When cooked place on a plate to cool.

Knead the dough when cool. Store in a sealed box or plastic bag and keep in the fridge when not in use.

Microwave Playdough

Mix two cups of flour, one cup of salt and two tablespoons of cream of tartar together. Add two cups of water and two tablespoons of baby oil and stir well. Place in a microwave on 'high' for four to five minutes. Stir and then microwave for a further minute. Repeat until the mixture has the consistency of mashed potato. When the mixture is cool enough to touch, knead it.



Oatmeal Dough

Mix one cup of flour, two cups of oatmeal and one cup of water. Add the water gradually to the flour and oatmeal in a bowl. Knead the mixture together. Add food essences to give an aroma.



Gingerbread Dough

Mix two cups of flour, one cup of salt, two teaspoons of ground cinnamon, one teaspoon of ground cloves and one cup of water.

Use this recipe to make ornaments or decorations. Use the dough to mould in the usual way and open out a paper clip and insert it into the ornament as a hook. Then leave to dry.

Fruit Dough

Mix a pack of jelly crystals with two cups of flour, one cup of salt and four tablespoons of cream of tartar in a pan. Add two cups of boiling water and two tablespoons of cooking oil and stir over a medium heat until the mixture forms a ball. Allow to cool.



Coffee Dough

Dissolve a quarter cup of instant coffee in one and a half cups of warm water. In another bowl mix four cups of flour and one cup of salt. Make a hole in the mixture and add one cupful of the coffee water. Mix with your hands until smooth. Add more of the coffee water until the mixture is smooth and satiny.



REMEMBER

You can add extra fun to playdough by adding fun items such as buttons, sticks, stones, leaves, cake cases, dry pasta, glitter and sequins.

Recipes continued...

Recipe 1

2 cups of flour,
2 cups of water,
Food colouring,
2 tbsps cooking oil,
1 cup of salt,
2 tsps of cream of tartar.

Place all the ingredients in a bowl and mix well. Cook thoroughly in a microwave, oven or over a medium heat in a saucepan. When cool, store in a loosely closed plastic bag in a dry place.

Recipe 2

12 cups of SR flour,
1.5 pints water with food colouring,

Mix well in a large bowl; this is a good recipe for children to make. Knead on a floured surface. This will keep for about a week in the fridge.

Recipe 3

1.5 pints of water with food colouring,
12 cups of strong plain flour.

Use the same method as recipe 1 – will also keep in the fridge for about a week.

Recipe 4

1 cup of salt, 2 cups of any flour,
1 cup of water, food colouring.

Another recipe for children to make. Thinned with water, it also becomes finger paint or paste for gluing. Also keeps for about a week in the fridge.

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Recipe 5

4 cups of flour,

Water with food colouring – enough to make a stiff dough.

This is a mix for pretend food, pendants etc. Bake slowly in a warm oven (mark 2) for 4-5 hours until thoroughly dry and hard, then paint and varnish.

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Recipe 6

2 cups of salt, 1 cup of food colouring, 1 cup of cornflour,

Mix the salt and two thirds of the water in a pan over a medium heat until it bubbles.

Add the remaining water into which the cornflour has been mixed, and cook thoroughly. This dough will bake hard, but will also keep well in a dry environment – a damp atmosphere can make it slimy.



Recipe 7

1 cup of cornflour,

1.25 cups of water and food colouring,

2 cup of bicarbonate of soda.

Cook in a microwave oven or saucepan. Can be used as clay, dried naturally and painted or glazed.

Recipe 8

(Also known as goop)

Cornflour, water and food colouring.

Cover the cornflour with water in the bottom of a shallow tray. The flour will assume some of the characteristics of a liquid, and some of a solid



Top Tips

1. Always use food colouring, not paint.
2. Cooked doughs keep for longer than uncooked ones.
3. Allow children to stand at the table.
4. Sometimes just put old scissors out with the dough to encourage cutting skills.
5. If you only ever put rollers and cutters out, children will think it is just 'patry' and will do nothing else with it.
6. Only use flour for kneading and rolling with uncooked doughs as it reduce the keeping qualities of cooked doughs.
7. A daily inspection will help you decide if a new batch of dough needs making.
8. Be generous! The quantities given are the minimum for one or twi children, so multiply amounts for groups of children.
9. Add glitter, rice, etc, or use wholemeal flour; for a different textures.

Paint..

Glimmer Paint

Mix half a cup of salt, half a cup of flour, half a cup of water and food colouring to create paint that will glimmer when dry.

Glossy Paint

Mix four tablespoons of golden syrup with one and a half teaspoons of washing up liquid to the poster paint. This is good for festive themes.

Shiny Paint

Mix cornflour with power paint to make a thick, shiny paint.



Salt Paint

Mix table salt with poster paint for a thick, sandy paint, which creates interesting textures as it dries.

Sticky Paint

Mix five cups of water, two cups of plain flour, half a cup of sugar and three tablespoons of salt together. Pour the mixture into a saucepan and cook for about seven minutes over a medium heat, until the mixture is thick and bubbling. Allow the mixture to cool.

Add food colouring or poster paint to make different colours. Make the paint more sensory by adding aromas such as strawberry essence, ground cinnamon, lemon essence and so on.

Store this mixture in an airtight container in the fridge for up to two weeks.

Invisible Paint

Mix four tablespoons of bicarbonate of soda with four tablespoons of water. Allow the children to paint with this mixture using cotton buds. Then leave to dry.

Cover with thin watercolours to reveal the 'invisible' picture.



Scented Paint

Add jelly crystals to poster paint. Add cherry or strawberry to red paint; lime to green paint; lemon to yellow paint and so on.



Other items to add to paint..

SPICES

Sand

Tea leaves

Soil

Glitter

Mud

Sequins

**Have a go and see what you
can create!**



References

Early Years Team, (date unknown), A Dollop of Dough: a selection of recipes for those who like to experiment!, Oxford: Oxfordshire County Council.