



Sensory Playdough Recipe

Christmas Scented Playdough

Ingredients

- 1 cup plain flour
- 1 cup very warm water
- $\frac{1}{4}$ cup of salt
- 1 tbsp of vegetable oil
- 2 tsps of cream of tartar
- Food colouring- different colours
- Glitter (optional)
- Essential oils* (optional) - peppermint, rosemary, cedar and fir all work well.
- Spices (optional) - nutmeg, cinnamon or mixed spices

Equipment

- Bowl
- Spoon



Method

1. Combine all the dry ingredients in a bowl.
2. Add food colouring to the warm water and slowly stir in the vegetable oil, mixing until all the lumps are gone.
3. Heat over a medium heat, stirring constantly. After several minutes it will start to mould together.
4. When the playdough starts to mould together, remove from the heat.
5. Knead on a cool, clean surface until smooth. Take care as the playdough will be hot at first. Use a small amount of flour if the playdough becomes sticky.
6. Children can have fun using their senses to explore the different smells of Christmas.

Peppermint Playdough:

Add red food colouring and a few drops of peppermint essential oil.

Christmas Tree Playdough:

Add green food colouring and a few drops of cedar and rosemary oils which give a lovely forest scent!

Gingerbread Playdough:

The brown colour comes from 2 tablespoons of cinnamon, 1 teaspoons of nutmeg and 1 teaspoon of mixed spice.

*Please be aware that essential oils can be very strong and are not recommended to be handled by the children until thoroughly mixed into the dough. Alternatives could be used such as peppermint essence, vanilla essence, etc.

Use your scented playdough to decorate the Christmas items:

