



AUTUMN PLAY DOUGH DELIGHTS

A SENSORY EXPERIENCE LIKE NO OTHER

Think outside of the box when making your play dough this season. Warm the senses, using natural dyes and spices of cinnamon, clove and nutmeg. Observe children look in amazement as the colours of autumn combine into golden spheres of possibility. Watch how imaginations thrive and conversations develop through the combined use of play dough and natural materials.

PLAY DOUGH RECIPE

- 2 cups plain flour (all purpose)
- 2 tbsp oil
- ½ cup salt
- 2 tbsp cream of tartar
- 1 – 1.5. cups boiling water
(add slowly until texture feels right)
- Natural spices and dyes (see below)

METHOD

- 1** Mix flour, salt, cream of tartar and oil in a large mixing bowl
- 2** Add the natural dyes to the boiling water then add to dry ingredients
- 3** Stir until it becomes a sticky dough
- 4** Allow to cool, then kneed vigorously for a couple of minutes until all the stickiness has gone.

TOP TIPS FOR AUTUMN INSPIRED PLAY DOUGH

- **Spices:** Cinnamon, cloves, nutmeg, star anise, allspice, ginger
- **Natural Dyes:** Beetroot powder, turmeric, cinnamon/nutmeg
- **Materials:** Provide materials from nature for children to create with and imprint into the play dough. Acorns, pinecones, sticks and leaves are a great start.

REFLECTIONS FROM THE NPSA TEAM

We all know that play dough is a favourite amongst young children. Presenting it in an aesthetically pleasing way not only adds another dimension to children's play, but also a culture of respect and wonder for the materials. Offering an autumn playdough experience in a 'new' outdoor location (such as under a tree or an unused corner of the outdoor environment) invites children to play in new ways and with new friends. ~ Maria