



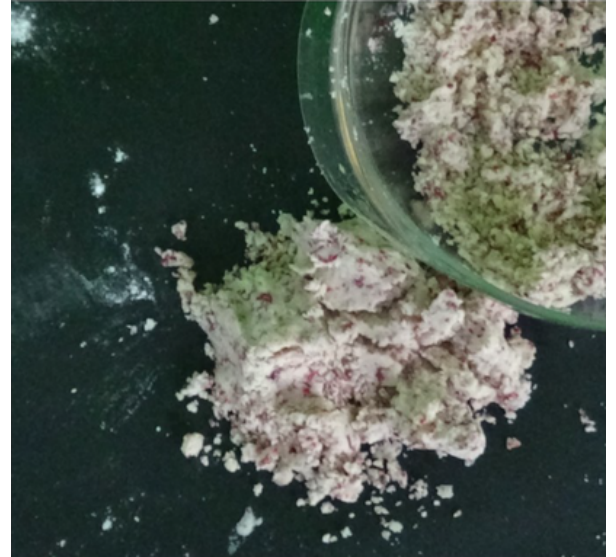
Peppermint Playdough

Episode 15

Introduction

Sensory play is an important part of your child's early literacy development. By actively exploring different textures, smells, and colors, your child is strengthening their fine motor skills, building their vocabulary, and exercising their creativity.

Playdough is a great and easy way to engage in sensory play. Read on for instructions on how to create peppermint playdough!



Supplies

- Flour
- Baby Oil (you can also use vegetable oil or baby lotion)
- Food extracts or essential oils
- Food coloring (optional)
- Measuring cups and spoons
- Bowl



Additional Resources

Visit Plano Public Library's official [YouTube channel](#) to view this activity and other Library Make videos

Check out our blog post about this activity at [Plano Library Learns](#)

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Instructions

1. Add one cup of flour.
2. Mix the flavor extract and food coloring in with a fork.
3. Add 6 tablespoons of baby oil. If you want a bigger batch keep adding 6 Tbsps of baby oil to every 1 cup of flour.
 - a. Experiment: Try switching up steps 2 & 3 to see what happens when you add the baby oil before the scent and color.
4. Mix by hand with your child. This playdough recipe is different than normal playdough—it will be more crumbly. Mixing the playdough will build up their hand muscles, which will help them when they are learning to write!

How to Use Your Peppermint Playdough

Talk with your child about how the playdough feels, smells, and what it looks like.

Make more than one batch with different scents and try out some more playdough recipes below! Compare and contrast each batch of playdough by having. By having your child talk about their sensory experiences, they are retaining the meanings of new words better and building their vocabulary.

Get creative with your child by making different shapes and structures. Let the fun begin!



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Additional Sensory Playdough Recipes

ICE CREAM DOUGH

- 1.5 cups corn starch
- A little over 1 cup water
- 1-2 tsp vanilla extract or 2-3 tsp cocoa powder

Mix ingredients, so that dough is the consistency of cake batter. Freeze for 4 or more hours. This dough will be cold and the more you handle it, the more it melts! To reuse, simply add more water and pop it back into the freezer.



Photo cred: funathomewithkids.com



Photo cred: lemonandlimeadventures.com

SALT DOUGH

- Equal parts flour and salt
- 1/2 part warm water

Mix together the ingredients and viola! You can leave the dough out to harden and create a cool sculpture.

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Additional Sensory Playdough Recipes, continued

SLIME DOUGH

- 2 bottles of clear glue (Elmer's will do)
- ~7 Tbsp of liquid starch
- Embellishments (food coloring, glitter, or other pizzazz)

Mix your clear glue and embellishments.

Shake your container of liquid starch and add 1 tablespoon at a time.

If there is not enough liquid starch, your slime will be stringy. Too much will yield supper slippery slime.



Photo cred: funathomewithkids.com

FIZZY DOUGH

- 1/2 box of baking soda
- 4 Tbsps water
- Food coloring (optional)
- Lemon juice
- Vinegar

Mix baking soda and water together. Add food coloring if you wish. Use the lemon juice and vinegar to pour or squirt onto your fizzy dough. Have fun experimenting!



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