



Chocolate Play Dough

Episode 35

Introduction

Cooking with your child can have LOTS of developmental benefits; improving fine motor skills, vocabulary, listening skills, counting, use of the five senses—the list goes on and on!

Like cooking, playing with clay or play dough is a great sensory activity with plenty of benefits for kids, and this homemade chocolate play dough is the perfect combination of both! While your child can definitely get the same benefits from playing with actual cookie dough or bread dough, this non-toxic play dough won't dry out as quickly and is good for use after use.



Supplies

- 3/4 cups of baking mix
- 1/4 cup of salt
- 1 tablespoon of cocoa powder
- 1/2 cup of water
- 1 tablespoon of oil

Instructions

1. Read the recipe and measure ingredients with your child: Allowing your child to participate in the whole process of cooking allows them to reap all the learning benefits! After reading the recipe together (see page 3 for a recipe card), put on aprons and measure out all the ingredients with your child and practice those counting and early math skills.

Additional Resources

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

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Instructions, continued

2. Mix dry and wet ingredients: Put all the dry ingredients (the baking mix, salt, and cocoa) in a pot and let your child stir them together. Add the wet ingredients (oil and water) and stir them well, too; you should have a runny batter at this point.
3. Cook the batter: Put the pot on the stove and heat it on medium-high (this part is for an adult or older child). Stir the batter, scraping the sides as you cook. When it forms a ball of dough, remove the pot from the stove. Once the dough cools, your play dough is ready!

How to Use Your Chocolate Play Dough

First, let your child try kneading it like actual dough. Feel the consistency of your play dough together. Could it use some more baking mix or oil to make it less sticky? Then knead some in!

Now, play with the dough. Use items like a toy rolling pin, cookie cutters, sprinkles and more to make fun pretend treats. Package them in items like mini cupcake liners and an empty chocolate box. This part has tons of benefits, too! By playing pretend, your child can practice narrative skills, and by playing with playdough, they're honing their fine motor skills and ability to process sensory input, or in this case, their sense of touch.



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Instructions:

- Put all the dry ingredients (the baking mix, salt, and cocoa) in the pot and stir them together.
- Add the wet ingredients (oil and water) and stir them well, too; you should have a runny batter at this point.
- Put the pot on the stove and heat it on medium-high (this part is for an adult or older child). Stir the batter, scraping the sides as you cook. The play dough is done when it forms a ball of dough.
- Remove the pot from the stove.
- Once the dough cools, your play dough is ready!

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