

SENSORY PLAY  
HOW TO MAKE

# NON COOK PLAYDOUGH

**Method:**

**Ingredients:**

2 cups plain flour  
2tbsp veg oil  
1/2 cup salt  
2 tbsp cream of  
tartar  
1 to 1.5 cups boiling  
water  
Food colouring  
Few drops glycerine

1. Mix the flour, salt, cream of tartar and oil in a large mixing bowl.
2. Add food colouring to the boiling water then into the dry ingredients.
3. Stir continuously until it becomes a sticky, combined dough.
4. Add the glycerine (optional).
5. Allow it to cool down then take it out of the bowl and knead it vigorously for a couple of minutes until all of the stickiness has gone. This is the most important part of the process.

If it is still sticky then add a touch more flour until just right.



IF YOU WANT ANY FURTHER IDEAS GET IN  
TOUCH

[www.bdcps.charity](http://www.bdcps.charity)