

DIY PLAYDOUGH

**RAINBOW
TRUST**

SUPPORTING FAMILIES
WITH A SERIOUSLY ILL CHILD

You will need:



bowl
x3



warm
water



food
colouring
(optional)



vegetable
oil



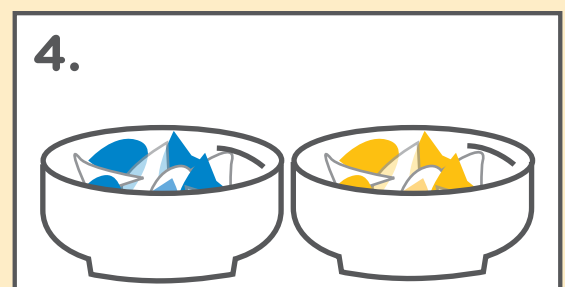
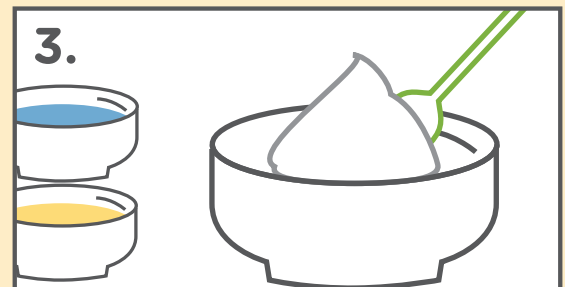
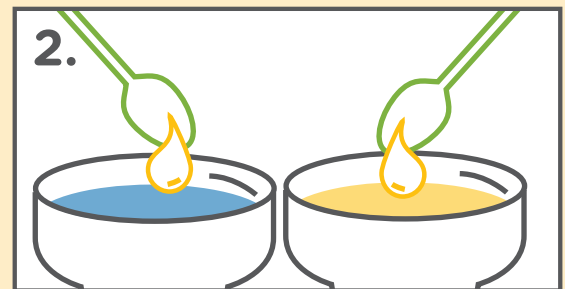
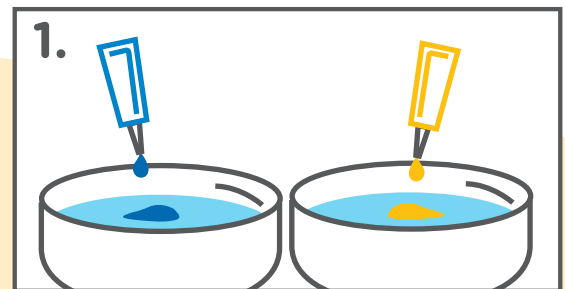
125g
flour



100g
fine salt

Make your own playdough - here is a no cook recipe to try with kids.

1. Put 6 teaspoons of warm water into 2 bowls. If adding colour, drop a couple of drops into each bowl now.
2. Add 2 teaspoons of vegetable oil to each bowl and mix.
3. In a separate bowl, mix the flour and salt.
4. Divide the dry mixture into the two bowls evenly (approx 62g), and stir until you reach a crumbly mixture.
5. Tip the mixture out onto a chopping board and knead until nice and soft. Add a drop more water if needed.



HAVE FUN!

#BoredomBusters

rainbowtrust.org.uk