

Activity Idea

DIY Playdough

Recommended for Ages 4 – 8

Measuring, following directions, and cooking help to boost executive function skills and our working memory. Here is an open-ended recipe you can try with your child.

You will need the following ingredients:

- 3 cups flour
- 1 cup salt
- 1 cup cold water
- 2 tablespoons cooking oil
- Optional: a few drops of food coloring and/or a pinch of glitter
- Optional: cookie cutters and/or rolling pins

Directions:

1. Combine flour and salt into a bowl.
2. In a separate bowl, mix water, cooking oil, and food coloring.
3. Combine all ingredients and knead with your hand until dough is formed.
4. If dough is too sticky, add flour.
5. Add glitter and play!
6. Experiment with rolling out your dough and creating different shapes using cookie cutters.

Adapted from the Bay Area Discovery Museum