



Playtime Connections: Kool-Aid Playdough

CONNECTING & LEARNING THROUGH PLAY

Kool-Aid Playdough	<p>Playing with playdough is fun for children and it has the added benefit of encouraging a lot of developmental skills. Let your child's imagination flow with this fun and easy recipe for <i>Kool-Aid</i> Playdough. Using <i>Kool-Aid</i> brings additional sensory aspects because it has the smell of <i>Kool-Aid</i>, but it feels and can be used just like traditional playdough. It's non-toxic and it's easy to make at home and will fit into your daily routines. Routines are things you do every day with your child. These routines include getting the mail, washing dishes, doing laundry, running errands, playing, playing playdough, etc. – things that are consistent and repetitive. Play Routines include playing with objects, moving your body, exploring objects with your senses, learning social interactions, communicating with others, and singing songs!</p>
Ingredients	<p>1 cup flour 1 cup warm water ½ cup salt 1 tbsp. cooking oil 1 package <i>Kool-Aid</i> mix (any flavor) Large bowl Small storage container</p>
Instructions	<p>Mix dry ingredients together. Mix water and oil into dry ingredients. Stir and mix well. If it feels sticky, slowly add more flour, and mix until no longer sticky.</p> <p>Gather a variety of tools – spoons, cookie cutters, plastic cups, etc. Have fun!</p> <p><i>(Keep dough in an airtight container when not in use).</i></p>
PLAY	<p>Encourage your child to help gather the ingredients, cups, spoons, and bowls you need. If they get distracted and start playing with the bowls and measuring cups, enjoy their creative play and musical talents!</p>
MOVE	<p>Have your child help measure and pour the ingredients from the measuring cup to the bowl. Then, let them stir everything with a spoon before you work on the dough. Give them a small piece of dough and model how they can push, squeeze, roll, pat, etc.</p>

EXPLORE	Encourage your child to play with the dough and use their imagination to make different designs and patterns. Use cookie cutters, or just pieces of dough to make different shapes and animals. Talk about the dough – what does it look like? What does it feel like? How does it smell? Playing with Kool-Aid Playdough is a great sensory experience focusing on the sense of touch (tactile) and smell (olfactory).
LEARN	Playing with playdough can be a fun interactive experience. Not only are you working on using utensils, following directions, working with others, but you’re also working on creative play, turn-taking, and language skills.
TALK	While mixing and playing with the playdough, be sure to talk about what you and your child are seeing and doing. Hearing words while playing helps build their vocabulary and language development. Target words such as: “stir, pat, scoop, roll, spoon, bowl, cup, help, my turn, sticky, poke, squish, etc.”
SING	Children love music and it’s a great way to reinforce language and movement.

Smooth and Sticky

Smooth – smooth (*rub hands on playdough*)
 Smooth!
 Uh-Oh – Sticky! (*stop rubbing hand*)
 Shake that sticky stuff off (*shake hands*)
 Shake that sticky stuff off!

This is the Way!

This is the way I squish my playdough -
 Squish my playdough, squish my playdough.
 This is the way I squish my playdough -
 All day long!
 (*repeat with other actions - pat, roll, poke, etc*)

ADDITIONAL OPPORTUNITIES:

Brainstorm other daily routines where you can target some of these skills.

PROBLEM SOLVING, REFLECTION & FEEDBACK:

Think about how things went when you tried these activities with your child. What went well? What will you do differently or try next time?

