



# FUN SENSORY PLAYDOUGH SNOWMAN

Recipe courtesy of Madhatter Mama (@madhattermama)

If you have white playdough then your playdough needs are met. If you want to extend the sensory activity and make it a DIY we have two easy recipes to share with you.

## Easy Playdough Recipe-

For this you will need:

1 Cup Plain Flour

¼ Cup of Table Salt

½ Cup of Hot Water (make sure to help or do this for your children for safety)

2 Tbsp Cooking Oil

A large bowl, measuring cup and spoons

To Start: Combine all the dry ingredients in a large bowl. Pour the water carefully into the dry ingredients. Add the oil to the mixture and stir. Let it cool, then lay it out on a clean surface and knead it.

TIP: The longer you knead the playdough the softer it will become. You can store it in sandwich bags inside a container to help it last longer.

## Does your kid love shaving cream? Then this is the playdough recipe for you.

What you will need:

1 cup of shaving cream (White shaving cream if you want the snowman to be white)

2 cups of cornstarch

A large bowl, fork, and measuring cup.

To Start: Combine and stir the cornstarch and shaving cream. Use your hands to knead the rest of the cornstarch into playdough. If you find that the dough is too sticky just add some more cornstarch and if you find to is falling apart add some more shaving cream. If you want to use colored playdough to make the nose, eyes and buttons separate the mixture into six balls. Use a fork to mix in the food dye to the balls. After add a few dashes of cornstarch and knead until the colour is mixed throughout. Store in an airtight container or in sandwich bags.



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## NOW FOR THE ACCESSORIES ON THE SNOWMAN

- \*If you have felt or fabric cutting out all the pieces is an option.
- \* An elastic can be used to make a scarf if you cut one end, string or thread are options.
- \*Small twigs outside can be used for the arms, pipe cleaners, cutting up paper towel/toilet paper roll, or pretzel sticks (also a yummy snack.)
- \*You can use googly eyes, pom poms, dried beans, rice (add food coloring if you like and let dry) or buttons for the eyes/buttons, and if you don't have any of these construction paper is a great alternative.
- \*You can use construction paper, pom poms, or cardboard to make a hat.
- \*You could also make different colored playdough and work together with your child to make the hat, eyes, nose, scarf and buttons. The possibilities are almost endless.

## MEETING YOUR CHILD AT THEIR LEVEL AND INCORPORATING THEM INTO THE ACTIVITY

We want to help make sure every child has the opportunity to enjoy this fun sensory activity so wanted to give some TIPS on ways to alter the way the activity is done. Make your playdough with your child even if they can't assist with mixing, explain the whole process to them while you are doing it. Then have them try to put their hands in or hold the finished playdough. If they won't hold it lay it on the table and take a finger and hand over hand get them to touch the playdough and ask them (even if nonverbal) how it feels. Is it sticky? Cold? Squishy? Smooth? Soft? Hard? Warm? Getting your child to stay with you may be a challenge so, if possible, have a favorite item or toy with them to help them stay engaged in your general vicinity. I have also followed my son to where he is playing or watching his favorite show and gotten on the floor with a bowl and worked on a step at time. Give your child as many breaks as they need. Some children need movement breaks so even if you don't finish a step and your child needs it, give them the break and then come back to the task. If you child is a sensory avoider possibly getting them to hand over hand assist with putting the ingredients into the bowl and hand over hand mixing it would be an option. Make it fun don't put a lot of stress or pressure on yourself for them to get it right away. You can always come back to another day or week if it just isn't the right timing.

Learning Opportunities- Our kids tend to be hands on learners so using fun sensory activities as opportunities for learning is a fantastic idea. Here are a few ideas to make the activity educational\*labeling of body parts/recognition of sizing with the body of the snowman\* counting- how many eyes? How many buttons?\*Seasonal items- scarf, hat, buttons for his coat what else does the snowman need? Why doesn't he wear it? If your child doesn't speak or know we as parents can walk them thru it.\*colors- what color is the hat? You could make the buttons multicolor and talk about them with your child. Most importantly remember to have FUN and MAKE MEMORIES.