

Making Your Own Playdough & Theraputty

Using playdough and theraputty is a great way to work on hand strengthening and finger coordination skills. Building shapes and letters out of playdough, finding hidden “treasures” (pennies, buttons, etc.) in putty or using household tools (garlic presses, rolling pins, pizza cutters, etc.) in the dough are all great ways to work on fine motor development.

Playdough

Recipe 1

Ingredients:

- 3 cups flour
- 1.5 cups salt
- 6 tsp. cream of tarter
- 3 tbsp. oil
- 3 cups water

Instructions:

Pour all ingredients into a large pot. Stir constantly over medium heat until a dough ball forms by pulling away from the sides. Knead dough until the texture matches play dough (1-2 minutes). Add food coloring dye as desired. Make sure to store your dough in an airtight container and watch for signs of mold.

Recipe 2

Ingredients:

- 1 cup baking soda
- 1/2 cup corn starch
- 3/4 cup water

Instructions:

Mix the baking soda and corn starch in a pot. Use hands to make sure all the lumps are broken up. Add water. Put the pan on the stove over medium heat and stir constantly. As soon as the mixture gathers together, remove from the heat. Don't overcook this dough or it will crumble. Make sure to store your dough in an airtight container and watch for signs of mold.

Recipe 3

Ingredients:

- 1/4 cup salt
- 1 cup flour
- 1/4 cup water

Instructions:

Mix the flour and salt in a bowl then add water. Knead and squeeze the dough to make a clay consistency. You may need to add more water. Make sure to store your dough in an airtight container and watch for signs of mold. *Note: This dough doesn't last as long as the cooked recipes.*

Gluten Free Playdough

Ingredients:

- 2/3 cup rice flour (you can even make your own in a coffee grinder or food processor!)
- 1/3 cup cornstarch
- 1/2 cup salt
- 2 teaspoons cream of tartar

- 1 tablespoon oil
- 1 cup cool water

Instructions:

Combine all ingredients in a pot and heat over low heat. Stir constantly until the play dough begins to firm into the desired consistency. Remove dough and allow to cool. Food coloring dyes may contain trace amounts of gluten, but you can use “natural food dyes” like tea bags. Make sure to store your dough in an airtight container and watch for signs of mold.

Theraputty (With Borax)

Ingredients:

- 1 3/4 cup water
- 1 cup white glue

Instructions:

Combine 3/4 cup water and 1 cup white school glue in a bowl. Mix the two ingredients together with a plastic spoon or craft stick. Shake or mix 1 cup water and 1 tsp. borax in a separate bowl until the borax is dissolved. Slowly pour the borax-water mixture into the bowl of glue-water, and mix the two together until a ball of putty is formed. You can use your hands to combine the two mixtures. Store in an airtight container.

Theraputty (With Liquid Starch)

Ingredients

- 2 cups of white glue
- 1 cup of liquid starch

Instructions:

In a large mixing bowl, pour 1 cup of glue followed by 1/2 cup of starch. Mix ingredients thoroughly. Add the remaining glue, liquid starch and food coloring if you want a specific color. Let the mixture dry for approximately 15 to 20 minutes so that it becomes workable. After the time has passed, the mixture should still feel wet. Add more glue or cornstarch as needed until you get the right texture. Once the therapy putty is workable, start to pull the mixture away from your body in long strands. Repeat this process several times as if you were pulling taffy candy. When the putty begins to pop and snap like silly putty might do, you have reached the proper texture. Store in an airtight container.