

Sensory Dough Recipes – Edible

Many of our children still use their mouths to explore and learn. The below activities are safe for them to explore and learn with their hands and mouths. If they have any allergy's, please check the recipe ingredients first before making for them!

Always begin with clean hands and a few tools to keep activities interesting. Bury things in the dough for them to find. Use rolling pins, cutters, cars, figurines that they play with.

Peanut Butter Play Dough

- Peanut butter
- Brown sugar
- Porridge oats
- Icing sugar
- Powdered milk

Mix above ingredients adding more sugar or dry milk until you can knead it. Add rice krispies if you want additional texture.

Simple Cloud Dough

- Flour
- Oil

Mix above ingredients to get kneading consistency.

Cornflour Gloop

- Cornflour
- Water

Mix above ingredients to get a liquid consistency.

Apple Sauce Dough

- Apple sauce
- Flour
- Cinnamon if wanted not necessary.

Add enough flour to get a knead able dough.

Playdough

- Flour
- Oil
- Salt
- Cream of tartar
- Water

Coloured Rice

- Dry rice
- Vinegar
- Food colouring

Other ideas to create dough adding to flour;

- Marshmallow spread
- Icing
- Chocolate spread

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