

# Galaxy Dough



Stars

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Preschoolers  
2.5 - 4 years

Playdough is such a great activity for children of any age. It helps young children calm down with its soft and soothing texture, and older children will love to get super creative with it by molding it into different shapes and figures.

## Learning Outcomes

### Domain:

Emotional

### Indicator:

Using a variety of materials to build with and express their ideas

### Skills:

Expressive Language



## Materials

- 2 cups flour
- 1 cup water
- ½ cup salt
- Splash of vegetable/melted coconut oil
- Black acrylic paint
- Glitter
- Bowl
- Cookie cutters, playdough scissors, cookie molds etc.



## Instructions

**Step 1:** In a bowl, mix together the first three ingredients. Once smooth, add oil, a little bit at a time, to help achieve a super smooth consistency.

**Step 2:** Once smooth, add a few drops of black acrylic paint. This is the fun part of kneading the dough to incorporate the black paint until consistent throughout.

**Step 3:** Add glitter to create the stars in the galaxy and knead until smooth.

**Step 4:** Set out the dough on a hard flat table or individual sensory bin for children and explore the galaxy!



## Age Adjustments

**For older preschoolers:** Older preschoolers can easily follow instructions whether written or verbal. Encourage them to make the dough on their own. Too liquidy? Add more flour. Too dry? Add more water. You can't mess up playdough!

**For younger toddlers:** This is a great way to explore texture and hand-eye coordination. Challenge them to make shapes with their dough.



## Playful Questions

- I have 3 small dough balls, can you help me count them?
- Can you help me divide the dough evenly amongst the friends at our table?
- What would happen if we added more water/flour? How would this change the texture of the dough?
- Can you help count the spoonfuls of flour to our bowl?