

PEPPERMINT PLAYDOUGH

Education for Kids: Imagine your feelings are like waves in the ocean. Sometimes they're small ripples, and sometimes they're big crashing waves! What can you do when a big wave of feelings comes crashing down? Practice a calming activity, like playdough! Squeeze, squish, roll, or create something new to calm your body and brain. Gather the supplies needed and follow the instructions below to create your own peppermint playdough!



what you need:

- 2 c. white flour
- 1/2 c. salt
- Splash of peppermint extract
- 2 Tbsp. cream of tartar
- 1 Tbsp. cooking oil
- Food coloring
- 1 c. hot water



INSTRUCTIONS:

1. Combine all the dry ingredients in a bowl.
2. Add the cooking oil, food coloring, and extract to the dry ingredients.
3. Add the hot water and stir to form the playdough.
4. Mix and knead your playdough until it is firm. (If it is too runny, let it rest for a few minutes to give the salt a chance to absorb the extra moisture. If it is still too wet or sticky, add a little more flour, about 1/4 cup at a time.)
5. Store in a refrigerated, airtight container for up to 2 weeks.

