

Title: Flesh-Colour Playdough – 3 Ways

Age Group: Toddler / Preschool Submitted by: Susan M. from LittleStarsLearning



Type of Activity: Problem Solving / Social Awareness

Adapted from: <https://littlestarslearning.blogspot.com/2012/10/flesh-tone-play-dough-tutorial.html>

To add to what's available in commercial doughs, these recipes make small batches of different skin-tone playdough so that children can see their own skin colour, in play. Getting them to help you mix and make the varieties here lets them practice some key principles: science (cause and effect) and math (measuring). It also allows you to have discussions with your child about people having different skin colours, and how we should treat each other.

CAUTION: Some children may have sensitivities to powders, colouring agents or spices, so use at your discretion

Kool-Aid Skin-Tone Playdough:

Mix dry ingredients together thoroughly:

-3/4 cup flour

-1/8 cup salt

-1/4 teaspoon cream of tartar

Add this mix of Kool-Aid for Pink-Peach colour

3/8 teaspoon Yellow Koolaid

1/4 teaspoon Red Koolaid

1/8 teaspoon Blue Koolaid

Add:

1/4 cup boiling water (adult supervision, please)

2 teaspoons canola/vegetable oil

Stir to combine well.

When cool enough, knead with hands to a smooth and elastic consistency.

Skin-Tone Food Colouring Playdough:

Mix dry ingredients together thoroughly:

-3/4 cup flour

-1/8 cup salt

-1/4 teaspoon cream of tartar

Add:

1/4 cup boiling water (adult supervision, please)

2 teaspoons canola/vegetable oil

Food colouring

Add **ONE** of these food colouring mixes for the shade you want:

TAN: 3 drops yellow, 2 drops red, 1 drop blue

MEDIUM BROWN [darker tan]: 3 drops EACH yellow, red, blue

OLIVE/BROWN: 10 drops yellow, 8 drops red, 6 drops blue

Stir to combine well.

When cool enough, knead with hands to a smooth and elastic consistency.

Skin-Tone Spices Playdough:

Mix dry ingredients together thoroughly:

-5/8 cup flour

-1/8 cup spice of your choice – see box

-1/8 cup salt

-1/4 teaspoon cream of tartar

Add:

1/4 cup + 2 teaspoons boiling water

2 teaspoons canola/vegetable oil

Spices to use:

Cocoa Powder = rich, dark brown

Cinnamon = light brown

Paprika = freckled skin, reddish brown

Taco Powder = yellow brown

Stir to combine well.

When cool enough, knead with hands to a smooth and elastic consistency.