

# 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.