



# STRAWBERRY

# VALENTINE'S PLAYDOUGH

*a calming sensory ritual for little hands*



## INGREDIENTS

- 1 cup flour
- 1 cup water
- 1/2 cup salt
- 2 tbsp oil
- 2 tbsp cream of tartar
- red food coloring   
*use natural coloring if preferred*
- strawberry essential oil
- vanilla essential oil

## HOW TO MAKE

-  Add food coloring and oil to the water.
-  Combine the flour, salt and cream of tartar in a small pot.
-  Pour liquids into the dry ingredients and stir.
-  With an adult's help, gently warm the mixture over medium heat and stir slowly until the dough begins to form.
-  Remove the playdough from the pot and place on counter top. *Slowly knead* until it feels soft and steady, adding the essential oil drops last (if using).

## WHAT THIS SUPPORTS

*This activity is especially supportive during:*

- transitions
- big feelings
- quiet connection time
- Gentle sensory regulation through scent
- Fine motor strength through slow kneading
- Emotional expression through color & shape
- Predictability and safety through repetition



*As you play, notice:*

Which color does your child return to?  
Do they squeeze, roll or rest?



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