



## Looking for a simple way to relieve stress and find calm in the moment?

Grab a toy. Literally.



All ages can benefit from playing with toys. Toys help you release tension, reset and focus. And sensory toys, meaning those that engage the senses – such as touch, sight and sound – can be especially helpful.

### Make your own sensory play-time fun!

Here's a simple recipe<sup>1</sup> for playdough, using ingredients commonly found in a home. For one playdough ball, mix together:

**½ cup (120 g) plain flour**

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**2 tbsp (30 g) table salt**

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**¼ cup (60 ml) warm water**

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**1 tbsp (15 ml) vegetable oil**

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**Food coloring (optional)**

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You can store the playdough for reuse in an airtight container in your refrigerator.

Sources:

<sup>1</sup>BBC. How to make your own playdough – sensory play for early years. Accessed January 23, 2024.

The American Stress Institute. Relieve stress, play with toys. Accessed January 23, 2024.

Diversified. The benefits of sensory toys. Accessed January 23, 2024.

Government of Canada. Mind: Surround your child with chances to learn. Accessed January 23, 2024.

The National Association for the Education of Young Children (NAEYC). Playdough power. Accessed January 23, 2024.

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