



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 can 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 playtime fun!

Here's a simple recipe¹ for playdough which uses ingredients that are commonly found at home. To make one playdough ball, mix together:

½ cup (120 g) plain flour

2 tbsp (30 g) table salt

¼ cup (60 ml) warm water

1 tbsp (15 ml) vegetable oil

Food colouring (optional)



You can store the playdough in an airtight container in your fridge and reuse it.

Sources:

¹BBC. How to make your own playdough – sensory play for early years. Accessed 23 January 2024.

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

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

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

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

WF12723010 142681-012024