



Ruthin Craft Centre  
The Centre for the Applied Arts

*Celebrating Craft and the Art of Making*

little  
hands

@ RCC



craft  
kitchen





# little hands

Our Little Hands sessions are jam-packed with joyful learning, especially designed for little artists to explore their inner creativity, be curious and **MAKE!**

Creating environments and activities inspired by our exhibition programme which are sensory and playful for you and your little one to discover and enjoy.

## craft kitchen

**NEW: Craft Kitchen - Little Hands Recipes for Play**

A recipe book style collection of ideas for creative, sensory play that you can do at home.

These 'recipes' are designed by  
**Ticky Lowe** and Illustrated by **Rhi Moxon**  
These activities require minimal resources  
and are easy to follow.

# play bake

**Our fourth and final recipe for our cookbook is inspired by “Spoons” which we have featured in many of our Ruthin Craft Centre exhibitions over the years; beautiful crafted objects but functional too! We use spoons for eating, for measuring out ingredients when cooking, for stirring pots, serving meals and more.**

**Spoons come in many shapes and sizes and can be made from all kinds of materials such as ceramic, metal, wood and even from twigs. They featured in some of our previous exhibitions e.g. ‘Aelwyd’ in 2019 and ‘Forge’ in 2017, with spoons beautifully crafted by makers such as Claire Cawte, Justine Allison, Micki Schloessink and Nils Hint.**



**We often use teaspoons, dessert spoons, and wooden spoons during our on-site ‘Dwylo Bach/Little Hands’ sessions and it is always fascinating to watch toddlers carefully filling spoons with sand, grains of rice or flour and transporting them from one container to another for very important reasons!**



# play bake

*This recipe for 'play bake' is about using your kitchen and your baking equipment for creative play and exploration of materials!*

*You can do this to occupy your child whilst you are baking too!*

## For non-cook play dough

- 2 cups flour
- 1 cup hot water
- 2 table spoon cooking oil
- 2 tablespoons cream of tartar
- half cup of salt
- food colouring

(please see Recipe #2 cookbook for further instructions on how to make)

## Equipment

Go on, raid the cutlery drawer and cupboards for...

Tea spoons  
Dessert spoons  
Tablespoons  
Wooden spoons  
Hand Whisks  
Ladles  
Sieves  
Bowls  
Baking trays  
Aprons

## Gluten free play dough recipe

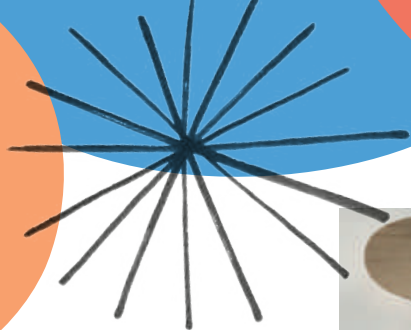
- 1/2 cup rice flour
- 1/2 cup cornstarch
- 1/2 cup salt
- 2 teaspoons cream of tartar
- 1 cup water
- 1 teaspoon cooking oil
- Food coloring - you could try beetroot juice or turmeric

You need to cook this one on a low heat in a saucepan - just put all of the ingredients in together.

## Or how about having a go at making pastry?

- 225g Flour
- 100g butter diced.

# play



Just having access to flour and water and some kitchen utensils will allow your baby or toddler to explore the texture of flour on their fingers, using spoons or hands to mix or add water to one or the other.

This activity is best placed in the kitchen at the table or in a high chair!



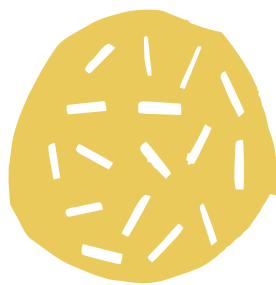
## ***Making play dough or pastry together***

You and your little helper can make pastry or play dough together.

Allow them to feel the different ingredients and textures with their hands and use both spoons to mix the ingredients then fingers to create a dough.

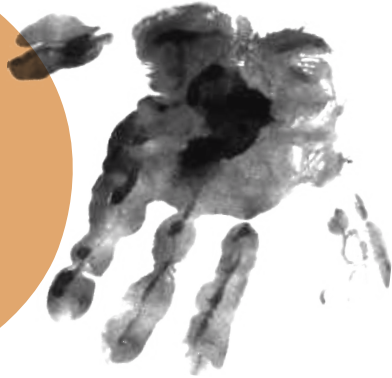
## ***Playing with play dough or pastry***

As this session is all about baking give your baby or toddler access to baking trays to fill with dough or whatever else they choose to fill with! If you are baking too - maybe they can make their own versions!





# play



## Flour prints

Using a sieve - put some flour in and sieve it above your small persons hands on the table - then move their hands to reveal their hand prints.



You can use spoons and utensils to create shapes and patterns in the flour too - don't forget to take photos as these are temporary artworks!

## Safety Tips

*Be aware of what your child is putting in their mouth.*

*Look out for slippery surfaces where you are using oil and water.*

*If you are baking too be aware of hot trays.*

*You will need to stay with your child at all times during this activity.*



## Flour drawing

On a well-floured surface allow your baby or toddler to run their fingers through the flour to enjoy making marks!



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Cefnogwyd gan  
Y Loteri Genedlaethol  
trwy Gyngor Celfyddydau Cymru

