



Ruthin Craft Centre
The Centre for the Applied Arts

Celebrating Craft and the Art of Making

little
hands

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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 with your food!

Inspired by Charlotte Hodes' exhibition in 2019 - "After the Taking of Tea"



Charlotte's ceramic pieces were laid out in the gallery as if ready for a banquet - but she breaks all of the rules! Plates moved off the tables and were on the floor and walls; plates were in pieces and the patterns and images in her designs flowed from one piece to the next. Encouraging you to explore what you thought you already knew - crockery laid out for a meal.

You already know how meal times can now sometime be 'play time' with your little ones! What better way to introduce your child to fruit, vegetables and herbs, than by getting creative and up close and personal with them in the kitchen!



CHARLOTTE HODES

Yn dilyn Cymryd Te

a gweithiau eraill

*After the Taking of Tea
and other works*

a sensory feast!

Exploring the texture, taste, smell and colour of fruit and veg with your baby or toddler.

Ingredients:

Any fresh fruit and veg will do
(here are some which will provide varied texture and taste):

- **Fruit** - apples, lemons, oranges, grapes, blueberries, strawberries
- **Raw vegetables** - mushrooms, carrots, whole cabbage, peppers
- **Fresh herbs** - parsley, mint, rosemary, basil
- **Trays, plates, bowls, spoons**
- **Paper**
- **Paint** - if you want to make it edible use plain yogurt as your 'paint' and add food colouring

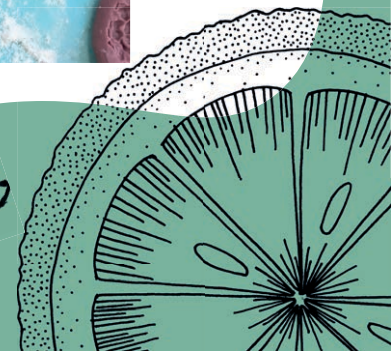
PLAY DOUGH:

You can make your own with:

- **2 cups of plain flour**
- **Half a cup of salt**
- **1 cup of hot water**
- **2 tablespoon of vegetable oil**
- **2 tablespoons of cream of tartar**
- **Food colouring**

- 1) Mix the flour, salt cream of tartar and oil together in a large bowl.
- 2) Add the food colouring to the hot water then add to the dry ingredients.
- 3) Stir continuously until it becomes a sticky combined dough,
- 4) Allow to cool then take it out of the bowl and knead it for a couple of minutes until all of the stickiness has gone.
- 5) Add a little more flour if it is still sticky.

It should keep in between plays in a sealed container in the fridge.





On trays or (non precious) plates, where your child can access them safely, place whole and sliced fruit, vegetables and herbs to explore through smell, taste and touch.

Put some fruit or veg in a bowl with water for your child to explore and unlock the different senses they have to offer.

On paper you could try printing with fruit and veg - squishing berries and using their juices to paint with fingers.

Seeing what patterns you can print with a mushroom or cabbage leaf.

Try pressing fruit and veg into play dough.

Or creating your own food sculptures by combining vegetables with play dough.

Let your baby or toddler guide you and they will explore and discover through play in ways we would never have thought possible!!

Safety Tips

This activity is about allowing your child to creatively explore the different senses to be found in food which includes eating it!

Be aware of your child's developmental stage and especially if they are trying a fruit, vegetable or a garden herb for the first time - watch out for signs of rashes or allergies.



LINKS

For more play dough recipes
<https://www.playdoughrecipe.com>

Have a look at this for inspiration for food play with older kids
<https://www.theminimakers.co.uk/education>

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