



Playing with play dough promotes nearly every aspect of fine-motor development with an added sensory bonus!

Incorporating structured activities can help target strength, coordination, and manipulation skills.

Bilateral Coordination



Pounding

Try an alternating rhythm or both hands together.



Rolling Balls

Break off blobs of dough and roll between two hands



Rolling Snakes

Use both hands to roll out a long piece of playdough

Fine Motor



Pinch Pot

Use thumb and index fingers to pinch a ball of dough into the shape of a pot.



Rolling Small Balls

Use just the thumb, index, and middle fingers.



Scissor Skills

Snipping dough can help develop scissor skills



Stretch a Donut

Insert fingers and thumb in a small ring of dough and spread them wide to stretch it out.



Make Letters

Practice letter formation on tablet or laminated sheets



Hide Objects

Hide beads, small toys, or other objects and pick them out.

Sensory



Homemade

Making your own playdough allows you to control the consistency.



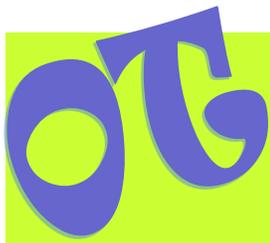
Glitter

Try adding glitter for a fun visual.



Aroma

Try adding a drop or two of essential oils.



With



Playing with play dough promotes nearly every aspect of fine-motor development with an added sensory bonus!

Incorporating structured activities can help target strength, coordination, and manipulation skills.

Playdough Recipes

Involving children in making their own playdough can be a fun sensory experience, and may even allow them to create their own unique colours!

Basic Uncooked Playdough

Materials:

- Bowl
- 1 cup cold water
- 1 cup salt
- 2 teaspoons vegetable oil
- Tempera paint or food colouring
- 3 cups flour
- 2 tablespoons cornstarch

Directions:

1. In bowl, mix water, salt, oil, and enough tempera paint or food colouring to make a bright colour
2. Gradually add flour and cornstarch until the mixture reaches the consistency of bread dough
3. Store covered

Simple Dough

Materials:

- 2 Bowl
- 1 cup flour
- 1/2 cup salt
- 1/2 cup water
- Food colouring

Directions:

1. In bowl, mix flour and salt
2. Mix water with food colouring in separate bowl then add to flour mixture
3. Stir and knead until desired consistency reached
4. Store covered.

Two Ingredient Dough

Materials:

- Bowl
- 2 cups cornstarch
- 1 cup hair conditioner
- Food colouring

Directions:

1. Place cornstarch in large bowl
2. Mix in conditioner with hands until desired consistency is reached
3. Add food colouring and continuing kneading to blend in colour
4. Store covered.