



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



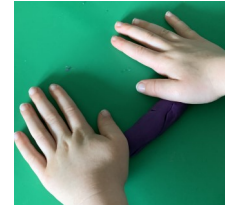
#### Pounding

Try an alternating rhythm or both hands together.



#### Rolling Balls

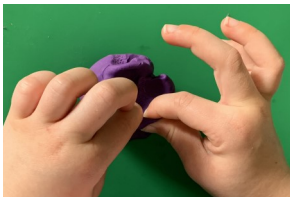
Break off blobs of dough and roll between two hands



#### 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.



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## 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.