

Roll, Cut, Shape

> develop using two hands together, hand and arm strength, creativity

- Use a dough roller to flatten out the play dough
- Use cutters to make shapes and patterns
- Encourage child to stand up if it makes it easier to roll out the dough
- Encourage creativity by making peoples, animals etc.

Playdoh Snakes!

> develop pincer grasp, understanding of left-right directionality and finger strength

- Roll out the play dough to make a long snake!
- Pick up small beads with a pincer grasp and decorate the snake, start on the left and move to the right as you would when writing a sentence
- Once the snake is decorated, squash it into a ball hiding all the beads inside
- Use a pincer grasp to find the beads again!



Knife and Fork!

> learn how to use a knife and fork together

- Make play dough food and teach child to use their knife and fork by cutting up their 'dinner'!

Play dough fun!



Scissor Skills

> develop scissor skills, using two hands together and hand strength

- Flatten a piece of play dough, hold it in one hand and use plastic scissors to cut through it

Playdoh Letters and Numbers

> develop using two hands together and letter/number formation

- Roll out the playdoh into a long thin 'sausage'
- Twist the dough to make letter/number shapes
- It might be easier to start by placing the dough over an already drawn out letter/number shape
- Then start making the letter/number shapes independently
- Trace over the dough encouraging the correct formation



Pinching

> builds finger strength and finger isolation, thumb-finger opposition

- Roll out a play dough sausage, pinch along the sausage using your thumb and index finger
- Build it up to pinching with thumb and alternating with all the fingers



Plates and Peas!

> develop finger strength and in-hand manipulation

- Split a ball of play dough into one large and one smaller piece
- Press the large piece into a flat 'plate'
- Use the smaller piece to make small 'peas', rolling a pinch of play dough between thumb and index finger
- Once you have a plate of peas, pick them up one by one and gather into the palm of your hand
- Then squash them all together and put away with the plate into the tub!

Play Dough Recipe

Ingredients:

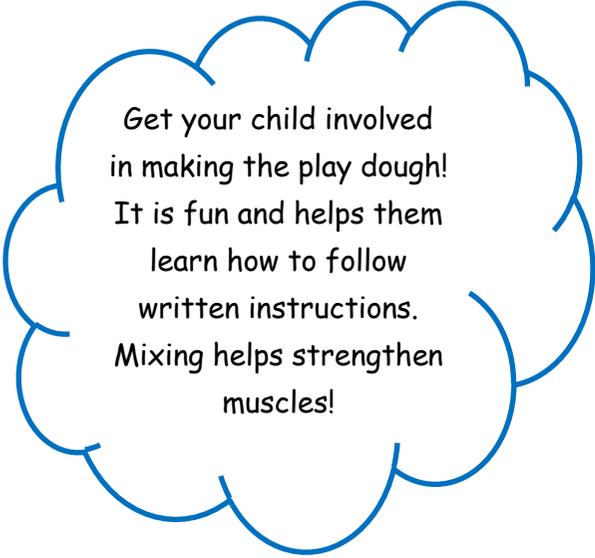
- 2 cups plain flour
- 2 tablespoons vegetable oil
- 1/2 cup salt
- 2 tablespoons cream of tartar
- Up to 1.5 cups boiling water (adding in increments until it feels just right)
- food colouring (*optional*)
- a few drops glycerine (*optional- adds more shine!*)

Method:

- Mix the flour, salt, cream of tartar and oil in a large mixing bowl
- Add food colouring to the boiling water then into the dry ingredients (colour optional)
- Stir continuously until it becomes a sticky, combined dough
- Add the glycerine (optional)
- Allow it to cool down then take it out of the bowl and knead it vigorously for a couple of minutes until all of the stickiness has gone. * This is the most important part of the process, so keep at it until it's the perfect consistency!*
- If it remains a little sticky then add a touch more flour until just right

Storage:

- You can store this dough for up to six months in an air tight container



Get your child involved
in making the play dough!
It is fun and helps them
learn how to follow
written instructions.
Mixing helps strengthen
muscles!