

PLAYDOH



This activity supports children to strengthen the muscles in little hands. They will use these fine-motor skills later for handwriting, cutting, colouring, etc.



THE ACTIVITY

Simply playing with dough is soothing and calming, even for adults! It's a fun way of easing tension, releasing extra energy, improving focus and concentration.

- Flatten it with hands or a rolling pin. ...
- Roll a snake or ball. ...
- Poke at it with tools and decorations. ...
- Find buried treasure. ...
- Use cookie cutters. ...
- Practice cutting with scissors ...



OPEN ENDED QUESTIONS

- How could you change your playdoh?
- What marks can you make in your playdoh?
- How can you use your dough to help you count?..