

Dough Play

It is important to help children develop the skills they need to work with their hands. Building hand and eye coordination is an important first step in developing writing skills. For a fun, hands-on family activity, make your own play dough!

Play dough can be used in all types of learning adventures. Try out some of the ideas below or let your imagination run wild!

What do you do?

Simple play dough recipe:

- ¼ cup salt
- 1 cup flour
- ¼ cup water



Learning activities

Art

- Make sculptures with different shapes.
- Push the dough flat and place it on paper to create raised pictures.

Literacy

- Roll the play dough into long “snakes” and make letters.
- Write names, favourite toys, and other familiar words in the dough with your finger.

Steps

1. Have your child mix the flour and salt in a large bowl.
2. Add the water slowly, mixing with your hands until the dough feels like clay.
3. Take the dough out and have fun!

Optional:

Add food colouring to give your dough a little more zing.

Science

- Press leaves into the play dough to get an imprint, and explore the structure and design of each leaf.

Practice with tools

- Play dough can be cut with scissors, poked with forks, rolled with rolling pins, or shaped with cups...take a look around your house to find tools that your child can use to shape the dough.