

Play Doh tasks

- Roll out Play Doh with rolling pin for bilateral hand use
- Hide beads in the Play Doh and pick them out for fine motor skills



- Use cookie cutters to make shapes in the Play Doh
- Use cutting tools to practice hand grips for tools



- Roll out thin and snip using scissors to practice scissor skills
- Make silly faces using print out face mats



- Add glitter and squidge it around so the glitter is through the whole bit of Play Doh. Good to work all the hand muscles
- Roll play cars and trucks through the Play Doh. Brown works well to look like mud

- Place whole cloves into the Play Doh for fine motor practice and sensory experience



- Add a few drops of essential oil for different smells experience
- Explore Doh with poking and rolling for a tactile experience
- Place paper clips or spaghetti into the Play Doh to practice fine motor control



- Make small dots and the squash them for finger isolation and fine motor skills



Homemade Play Doh for one ball:

- ½ cup of flour
- ½ cup of water
- ¼ cup of salt
- ½ tbsp. cream of tartare
- ½ tbsp. cooking oil

Mix all ingredients in a pan. Cook dough in pan for about 3 minutes over a low heat until it clumps together. Then add colouring. E.g. food colouring or cocoa powder.