



# Playdough

Playdough is a great activity to promote all areas of children's development.

## ***It enhances fine motor skills and hand-eye coordination***

When children squish, roll, flatten, shape, score or cut play dough, they develop and strengthen their hand muscles. The strengthened hand muscles help to improve fine motor skills which are important for drawing, writing, dressing and feeding themselves. Using a variety of shapes and rolling pins while playing with play-dough will improve hand-eye-coordination.

## ***It improves pre-writing skills***

When children play with the dough, their pincer grip (the squeezing of pointer finger and thumb to grasp an object) improves. An improved pincer grip enhances pre-writing skills.

## ***It promotes creativity and imagination***

Play-dough provides children with unlimited possibilities of moulding the dough into food, animals, decorations, flowers etc. It encourages imagination and creativity.

## ***It promotes social and emotional skills***

Children will interact, talk, discuss problems and find solutions to creating great works of art and craft with play dough. They will also be sharing and turn taking with the equipment. Pounding, squishing and squashing of play dough will have a very calming and soothing effect and provide an outlet for various emotions.

## ***It increases curiosity and knowledge***

When children mix 2 different colours of dough together, they discover a new colour. They explore the properties of the dough and discover how to use the different tools.

## ***TASK...Now have a go at making some playdough!***

For the recipe and video tutorial click here:

<https://www.bbcgoodfood.com/howto/guide/playdough-recipe>