



UNLOCKING POTENTIAL
LEVELLING THE SOCIAL AND ACADEMIC ARENA

Make your own Play dough

Play dough is fantastic to use for promoting fine motor functioning. It is a great way to build and maintain the fine motor skills needed for precision tasks like pencil grasp, scissor skills, doing / undoing buttons, using zips, using cutlery and tying shoelaces.

It has many benefits: -

- It boosts hand and finger strength
- It helps hand eye coordination skill development
- It involves using your fine motor skills
- It can be a great stress reliever (squeezing and squashing!)
- It can be a brilliant sensory experience – experiment with colours and textures
- using both hands together also boosts bilateral coordination skills

Have fun moulding, shaping, squeezing and squashing the playdough and get creative! Here are some more ideas of ways to play with playdough (see attached pdf).

You can use shop bought play dough or it can easily be made at home if you have the ingredients!

Here are a few different recipes you might like to try:



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Simple Playdough recipe

2 cups plain flour

1 cup salt

1 tbsp oil

1 cup cold water

2 drops liquid food colouring – any colour of your choosing

1. Mix the flour and salt together in a large mixing bowl.
2. Add the cold water, oil and drops of food colouring and mix together really well.
3. Take your dough out of the bowl and onto a flat surface eg: a chopping board or some greaseproof paper. You may need to sprinkle with a little flour if the dough is sticky.
4. Knead vigorously for a few minutes, until your dough feels like playdough and all of the stickiness has gone.

If your dough is too wet, add a little extra flour and carry on kneading. If your dough is too dry add a little cold water and carry on kneading. Make sure you add any extra ingredients a little bit at a time.

Now you can have fun with your dough and get creative!

When you have finished – you can store in a pot in the fridge or wrap with cling film or in a zip lock bag.



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Super Stretchy Play dough recipe

2 ½ cups strong white flour

1 tablespoon cream of tartar

½ cup of oil

½ cup of boiling water

Food colouring

Glitter (optional)

- 1) Mix the flour, cream of tartar and oil together in a mixing bowl
- 2) Add several drops of food colouring.
- 3) Add ½ cup of boiling water to the ingredients
- 4) Add glitter if you have some
- 5) Stir the mixture until well mixed together
- 6) Allow to cool until just warm. Then roll out onto a flat surface and knead it for about 5 minutes. Then it's ready to play with – have fun!



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Edible playdough recipe

3 cups of icing sugar

$\frac{3}{4}$ cup powdered milk

113g softened butter

6 tablespoons of cocoa powder

8 tablespoons golden syrup

- 1) Put all of the ingredients into a bowl and stir well until all mixed together
- 2) Work the mixture together with your hands to make it into a ball of dough (this gets messy!)
- 3) Then it's ready to play with! Have fun!
- 4) Remember this play dough needs to be played with straight away and cannot be stored to use again.

Have lots of fun!