

Playdough Play

Outcome: Creating with playdough is an easy open-ended activity for young children: there is no right or wrong way or need to worry about an end result. This encourages critical thinking and helps them express feelings. Close-ended activities, such as coloring pages and adult-designed crafts—in which children have to follow certain rules—can limit children’s imagination and lead to stressful thinking such as, “What if I do it wrong?”

Materials Needed:

- Playdough
- Tools: a roller, cookie cutters or anything that can be used as a mold, sticks, buttons, beads, glitter, etc.

How:

- Set the playdough and tools on a clean table.
- Let your child use their imagination to create something with the materials.
- Encourage your child talk about their work and express their feelings.