

Create with Playdough

Outcome: Children develop their fine motor skills (small muscles in their fingers and hands) by rolling, squishing, patting, poking, and grasping playdough. This activity helps children increase control when cutting (using scissors), and strengthens their pincer grasp for holding a pencil.

Materials Needed: Playdough (store bought or you can make your own) and popsicle sticks.

How:

Help your child create different objects and shapes with playdough and popsicle sticks:

- Show your child how to roll and squish the playdough, and how to poke the popsicle sticks into it.
- Encourage them to create different things they like: ice cream, a birthday cake, animals, people, trees, etc.

Extension: You can add different materials such as beads, sticks, rocks, pinecones, combs, forks and any other materials you may have around the house that will add texture to the playdough and further increase your child's manipulation and dexterity.