

DEVELOP FINE MOTOR SKILLS WITH

PLAYDOUGH

GO IN THE KITCHEN

Ingredients:

1 cup plain flour

1/2 cup salt

1 tablespoon cooking oil

1 tablespoon cream of tartar

a few drops of food colouring

1 cup boiling water

Method:

Place all ingredients into a large bowl and mix well until combined.

Place playdough onto a floured surface and knead well (be careful it's hot, you might find it best to do this wearing dish-washing gloves). Once cooled, get the kids involved in the kneading! Store in an air-tight container.

GO PLAY

Encourage lots of free play with playdough

Press, pull, squeeze, roll, flatten, mould & pinch

Make own creations

Complete playdough mats

Hide small items in the playdough

Add decorations eg. sticks, eyes, sequins, pasta

Use modeling tools eg. plastic knives, plastic scissors, a rolling pin, potato masher, garlic press, extruder.



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DEVELOPMENTAL THERAPIES



OCCUPATIONAL THERAPY
FOR CHILDREN



Occupational Therapy can help children with:

Pencil grip and handwriting skills
School readiness
Fine motor skills
Developmental milestones
Self care skills
Attention and memory
Play skills
Self regulation skills and behaviour

Contact

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if you have concerns***

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DEVELOPING FULL POTENTIAL
THROUGH PLAY & LEARNING