



## Fine and Gross Motor Activities

# Playdough

April 13, 2020



Fine and Gross Motor Activity  
Lesson: April 13, 2020  
Appropriate for all ages

**Objective/Learning Target:  
Using your hands together**

Working with play dough is an excellent hand exercise that involves both hands and is a soothing sensory activity. Play dough can also be used for math or writing!



# Fun with Play dough

Activities for different ages and abilities.



# Play Dough Recipes

**Making playdough at home is easy and fun!**

**Here are some examples of recipes to try:**

[Kool-Aid Playdough Recipe](#)

[The Best Homemade Playdough Recipe](#)

[How to Make Playdough Recipe Without Cream of Tartar](#)

**Many more can be found on Pinterest or online. Of course ready made Play Doh is great too! Please be safe. Adults should be in charge of any cooking.**



# Fun with Play Dough

Practice making small balls or logs.

- Simply pinch off the size that you want and roll in a circular manner between your palms to create balls or roll your hands forward and backward to create logs.



Once you've mastered the basics, let your imagination run!

- Use what you have on hand to create your own art. Try using cookie cutters, plastic forks, rolling pins, & chenille stims. Add some buttons, dry cereal or dry pasta to create fun & unique items.

# Imagination!

## [Apple Activity](#)

Great way to practice pincer



## [Play dough face mats](#)

Improve body awareness!



## [Subtraction smash!](#)



## [Play dough math activities](#)

Site word practice!

