

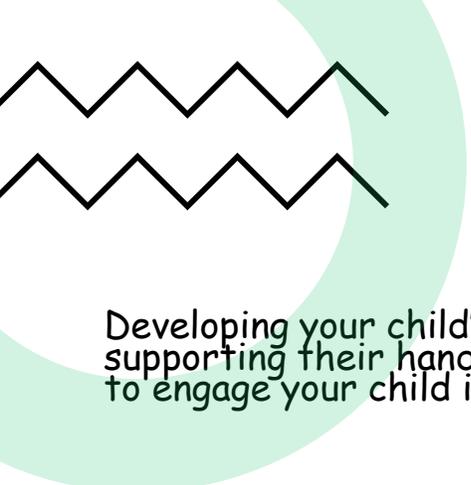
PLAYDOUGH DISCO

HELPING TO KEEP YOUR
CHILD'S FINGERS
STRONG



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Playdough Disco

Developing your child's fine motor skills is essential, especially when it comes to supporting their handwriting skills. To achieve this goal, it is beneficial and fun to engage your child in "Playdough Gym."

To assist you in delivering this activity with your child, attached is a playdough recipe that will be malleable and suitable for your child's hand strength.

Recipe for Playdough (uncooked)

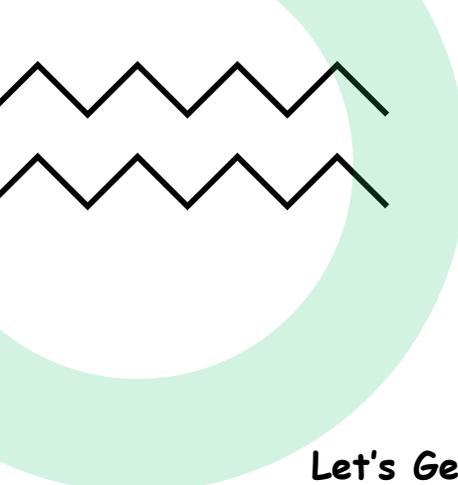
Recipe is sourced from the BBC Good Food website
www.bbcgoodfood.com/howto/guide/playdough-recipe

- 8 tbsp plain flour
- 2 tbsp table salt
- 60ml warm water
- food colouring (optional)
- 1 tbsp vegetable oil

Method

1. Your child can help to measure the ingredients then mix the flour and salt in a large bowl. In a separate bowl mix together the water, a few drops of food colouring (if suitable) and the vegetable oil.
2. Pour the coloured water into the flour mix and bring together with a spoon.
3. Dust a work surface with a little flour and turn out the dough. Knead together for a few minutes to form a smooth, pliable dough. If you want a more intense colour you can work in a few extra drops of food colouring.





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Let's Get These Fingers Moving and Grooving (it will help build up muscle strength to help your child write)

- Attached are 2 further hyperlinks that will direct you to YouTube videos that will support you and your child engage with the "Playdough Gym/Disco" activity. Remember that the bigger the piece of playdough that is given to your child the more challenging it is for them to interact with the learning that is on offer. Therefore, think small and build up slowly but surely.

<http://www.youtube.com/watch?v=aAo2h36DVfA>

<http://www.youtube.com/watch?v=BOLR3pQt8zq>

- After watching the videos, you could invite your child to explain what they learned and to evaluate their performance. They may also want to comment on your own performance.





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What are the children learning?

Health and Wellbeing - Physical Education

Experiences and Outcomes

- *I am developing my movement skills through practice and energetic play. **HWB 0-22a***

Skills

- Copy, practice and improve actions and movements.
- *By exploring and observing movement, I can describe what I have learned about it. **HWB 0-24a***

Skills

- Observe simple actions, describe and evaluate own and others' performance

