

# PLAYING WITH PLAYDOUGH

## ENCOURAGES:

1. **Fine Motor Skill Development:** Squishing, poking and rolling PLAYdough strengthens muscle tone in little hands, which aids skills such as cutting with scissors and holding a pencil.
2. **Calming and Therapeutic Outlet:** Manipulating PLAYdough is a great outlet for children to express their emotions or release energy!
3. **Creativity and Imagination:** Make your favorite food, dinosaurs, a pond full of creatures or whatever you can imagine!
4. **Hand-Eye Coordination:** Using a variety of props such as cookie cutters, rolling pins, seashells and feathers can enhance hand-eye coordination.
5. **Social and Emotional Skills:** PLAYing with your child supports social skills such as taking turns and communication. Boost self esteem and confidence by discussing their creations.
6. **Language and Literacy Development:** Young children listen to others and learn new words to communicate their thoughts and ideas. Use and model action words like roll, slice and cut. Add descriptive words such as orange, mushy and sticky to describe the PLAYdough.
7. **Science and Math Development:** Encourage scientific thinking by describing how the PLAYdough feels and smells. Add sand or acorns to create texture. What happens if we add water? Count slices of a pizza. Ask which snake is longer or which egg is smallest?
8. **Learning through the Power of PLAY!**



# PLAY WITH PLAYDOUGH AT HOME!

## INGREDIENTS

2 CUPS FLOUR

1 CUP SALT

1 TBSP OIL

1/2 TO 1 CUP COLD WATER

2 DROPS LIQUID FOOD COLORING

### STEP 1

Combine flour and salt

### STEP 2

Add 1/2 cup water, Food coloring and oil. Mix until ingredients are combined.

### STEP 3

Knead the dough. If consistency is too dry, add more water. If it's too wet, add a little flour.

## NOTES

Involve your children in making the PLAYdough.

For Fall Fun, add cinnamon and nutmeg for Pumpkin Spice PLAYdough or acorns and sticks for texture!

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This recipe will be tested in CML's Turkey Time Camp, November 24-26, 2014. To register, visit [www.exploreCML.org](http://www.exploreCML.org) or CML's Front Desk!

