

Fine Motor Skills Home Activity

Activity 4 – 18.11.22

Playdough

Playing with playdough helps strengthen fine motor skill in many ways. All the rolling, squeezing, pinching and patting is great for little hands and fingers.

Try rolling balls between your hands and then between your finger and thumb. Maybe have a go at making a caterpillar.

Try rolling sausages/snakes/worms. Can you make some of the letters we have learnt so far? Or maybe use scissors or a knife to snip/chop the playdough worm!

Simple Playdough recipe

Ingredients

- 1 cup of plain flour
- 1 cup of water
- 1 tablespoon cooking oil
- 2 teaspoons cream of tartar
- half a cup of salt
- food colouring (optional)



Method 1 - Saucepan

Place all the ingredients in a saucepan at a low heat. Stir continuously until the mixture thickens to a firm dough texture. Let cool slightly and knead until smooth.

Method 2 - Microwave

Place all the ingredients in a plastic container and cook for one and a half minutes in a microwave. Stir the mixture and microwave again for one minute. Let cool slightly and knead until smooth.