

Benefits of Playing with Play-Doh

It's calming. The act of kneading, rolling, moulding, and cutting play-doh is not only fun, but it can also be extremely beneficial for kids who struggle with anxiety. Manipulating play-doh can be extremely calming, allowing children to open up and talk about things that may be bothering them.

It helps strengthen fine motor skills. Kneading and moulding play-doh is a great way to develop the muscles in our hands that are needed for fine motor tasks like handwriting.

It promotes creativity and imagination. And when kids play with play-doh with their peers, it can help develop their social and emotional skills and promote self-expression.

It's a great sensory activity. Play-doh is a great tactile and proprioceptive activity for kids, and can be highly beneficial to those who struggle with sensory processing disorder.



Playdough games for younger children and the older doughy inclined

- Roll playdough into balls using the thumb and fingers.
- Form the letters of the alphabet with playdough
- Make long snakes with playdough and cut them into pieces with a pair of scissors
- Roll out the playdough and cut out shapes using cookie cutters
- Use items such as googly eyes, beads, buttons, pegs, straws and feathers to push and press into playdough
- Make pretend cakes, cupcakes, pizza, and pies with playdough
- Make different landforms with playdough eg. mountains, hills, rivers, lake

More game ideas

- roll a dice, cut out shapes and stack, after 4 turns the highest tower wins
- make your gaming partner's face
- take turns adding to a playdough sculpture
- tie handles to laminated paper, balance some playdough and race
- playdough in a magazine picture!
- roll balls of dough towards a target, closest one wins
- design the craziest character using ping pong ball eyes
- toss balls of dough into Play-Doh pots

