

## OT Activity for the Week

### Fine Motor Activity

#### Playdough Fun

Here is a recipe to make some playdough! Following the recipe instructions are a few fun activities you can do with your playdough and to work on your child's fine motor skills.

#### Target:

- Hand and wrist strength
- Pincer grip
- Finger isolation

#### Ingredients:

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



#### Instructions:

1. Mix the flour and salt in a large bowl. In a separate bowl mix together the water, a few drops of food colouring and the 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.
4. Store in a plastic sandwich bag (squeeze out the air) in the fridge to keep it fresh.

\*To make this activity a little more of a sensory experience, add a few drops of essential oils that can be smelled while playing with the finished playdough.

## Playdough activities

### 1. Hide and Seek

Ask students to hide small objects (beads, marbles, small pegs, pennies) inside the playdough and then try pulling and pinching them out.



### 2. Let's make a caterpillar!

Roll the playdough into a ball to make the body, like a sausage, make some eyes and decorations using small pegs. Push them in with your fingers.



### 3. Let's make a snail!

Roll playdough into a sausage, take one end of the playdough and roll it into a shell shape for the snail; leave enough for the head of the snail.



#### 4. Let's make a Spider!

You could now make a spider and make eight legs by pinching bit of playdough with your fingers, pull gently out and stick on the body to make the legs. Make some eyes for the spider by pushing the pegs in with your fingers. Using a plastic fork, make swirly designs on his back to make him look hairy!



#### 5. Let's make a crocodile!

Roll the playdough into a long snake and make spikes—start by pinching using the index finger and thumb then try thumb with different fingers.



