



Playdough Exercises



Playing with play doh is lots of fun but also provides an excellent opportunity to practice small hand movements that are essential for many everyday activities. The activities in this worksheet help develop fine motor skills, which are crucial for tasks such as picking up objects, buttoning or zipping up clothes, and using cutlery. Strengthening these muscles also supports better hand endurance and dexterity. These play doh exercises can be used as a warm up routine to prepare our hands for other activities such as writing.

1. Make a ball

Roll the playdough between the palms of both your hands to make a ball.



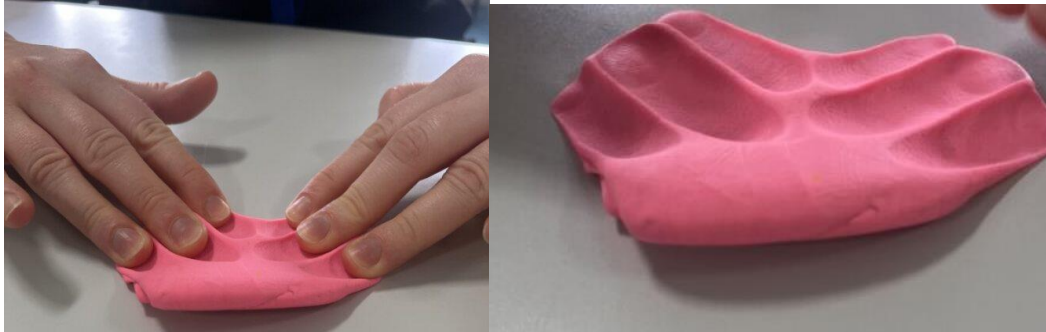
2. Squash the ball

Put the ball on the table and squash it using the palm of your hand to make a pancake.



3. Stretch the pancake.

Pull and stretch the pancake using the tips of your fingers.



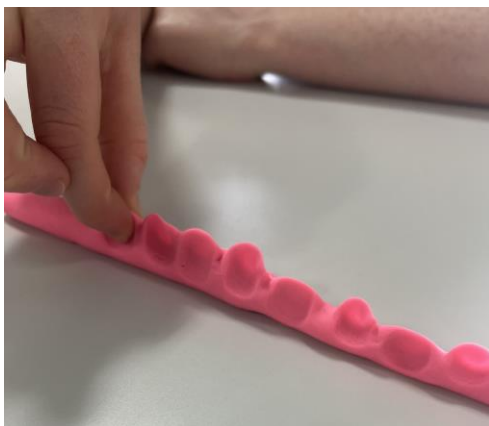
4. Make a snake

Roll the playdough into a snake on the table keeping your fingers straight.



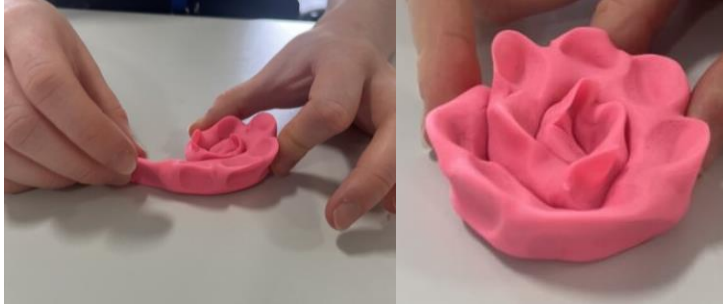
5. Pinch the snake

Pinch the snake all the way along, from head to tail.



6. Make a flower

Roll the pinched snake in a spiral to make a pretty flower.



7. Hide 'n' seek

Make a ball again. Put your hand on the table with your thumb up. Push your thumb into the ball.



8. Make a bowl

Take the playdough off your thumb and pinch all the way around to make a bowl.

