

# My strong hands

**Age:** 27-36 months

**Resources:** Dough ingredients from your own recipe or you could use playdough.

A working station to complete the activity where mess can be easily cleaned.

## Tips:

Try to encourage your child to take part in making the dough. They could help to measure ingredients, pour using their hands or a stir with a spoon.

Consider colour contrasts between the dough and the working station as well as the impacts of lighting. For example, a white, easy wipe cloth, red dough and blue cutting or rolling tools. A darker coloured dough may be better suited to your child's needs than a lighter coloured dough.

## Activity:

You can guide your child by completing the activity yourself as they place their hands over yours to feel the different actions and movements.

**Spaghetti:** Take a large amount of playdough and ask your child to pull it apart using two hands to create long, stringy pieces like spaghetti shapes.

- **Meatball:** Ask your child to roll the playdough to make meatballs. Repeat using the opposite hand. Place the spaghetti and meatballs on a plate.

- **Sausages:** Make sausages encouraging your child to either use one or two hands to roll playdough into a sausage shape.
- **Pancakes:** Roll a piece of playdough into a ball and ask your child to use the palm of their hand to flatten the balls into pancakes.
- **Doughnuts:** Make a ball and then flatten it. Encourage your child to use a gentle touch and with pincer grip take a small amount of playdough from the middle creating a doughnut.



### **Notes:**

Please supervise your child at all times while completing any of the activities outlined on this sheet. Stop any activity if your child becomes upset, unwell or you are unsure if you are completing it correctly.

The activities on this card align with stage 5 of the [Developmental Journal Babies Visual Impairment \(DJVI\)](#)

If you would like any further advice or support, please contact the advice line on **0800 7811444** or via email [children@guidedogs.org.uk](mailto:children@guidedogs.org.uk)