



# PRINTABLE CHRISTMAS PLAY DOUGH MATS



# HOW TO USE THESE MATS

- Print out the mats using colored ink onto heavy cardstock
- Laminate each of the mats to make them re-usable and trim away the excess lamination

## **Purpose 1-Play Dough Mat:**

- Roll small balls or snakes of play dough and place them into the Christmas pictures

## **Purpose 2-Pompom Mat:**

- Using fingertips or tongs, place pompoms onto mats with circle formations, like the Christmas bulb or tree.

Both of these activities are great for working on fine motor skills, finger dexterity and hand strength.

# PLAY DOUGH RECIPE

## Ingredients:

2 Cups of Flour

2 Tbsp of Oil (any oil will do, coconut oil, vegetable oil, even olive oil)

1/2 Cup of Salt

2 Tbsp Cream of Tartar

1 1/2 Cup Boiling Water

Gel Food Coloring (Optional)

Essential oils for scent (Optional)

## Instructions:

- Combine all of the dry ingredients
- Add the oil
- Stir in the boiling water until the play dough is smooth
- Once it cools a bit, knead in the gel food coloring (optional)
- Last, add a couple of drops of essential oil in a scent of your choice and knead it into the dough (optional)

\*\*Store in an air-tight container

# BENEFITS OF DOUGH PLAY

There are so many benefits to children playing with play dough. Not only is it fun and a great hands-on way to learn new concepts, but it's also great for promoting:

- Hand strength
- Fine motor coordination
- Hand arch development
- Bilateral coordination
- Proprioception
- Sensory integration and regulation
- Creativity
- Language development
- Social skills
- Shoulder stability
- Crossing Midline
- Concentration
- Calming
- Hand-eye coordination























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