

# DINO PLAY DOUGH

mats



# HOW TO USE THESE MATS

Print out the mats using colored ink onto heavy cardstock. Slide the mats into the sleeves in your binder.

Count the dinosaurs and roll that many play dough balls. Place the balls in the circles. Then smush each of the balls while you count the balls again.

Alternatives:

- Use pompoms on these mats.
- Use small items like buttons, coins, blocks, erasers, toys, etc. to count.

# 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)

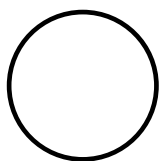
\*\*Store in an air-tight container

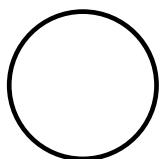
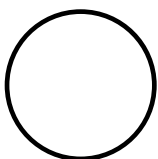
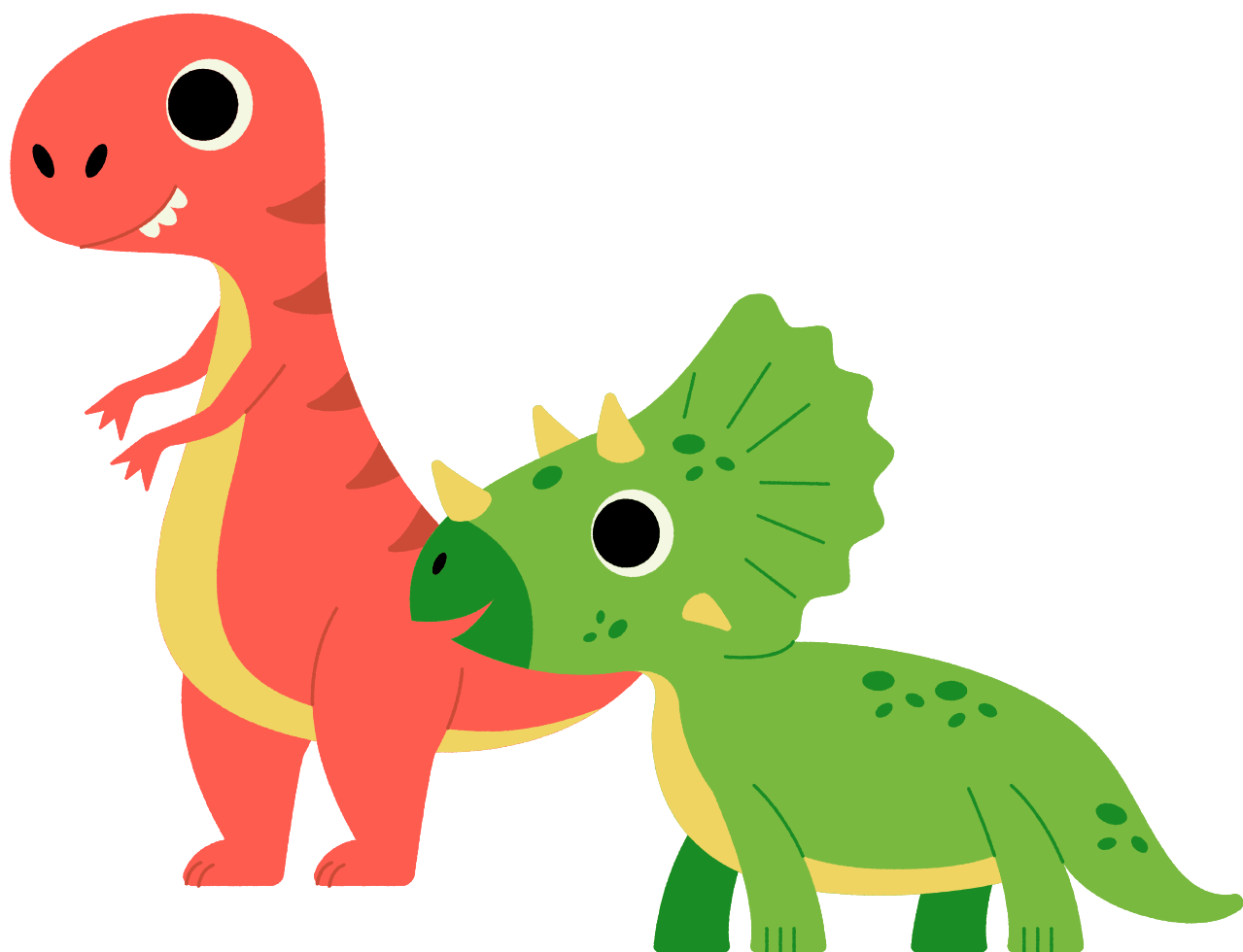
# BENEFITS OF DOUGH PLAY

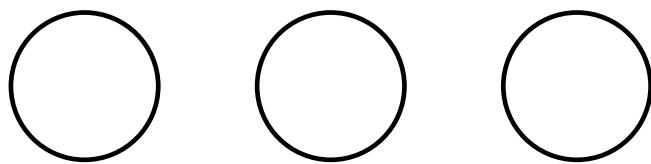
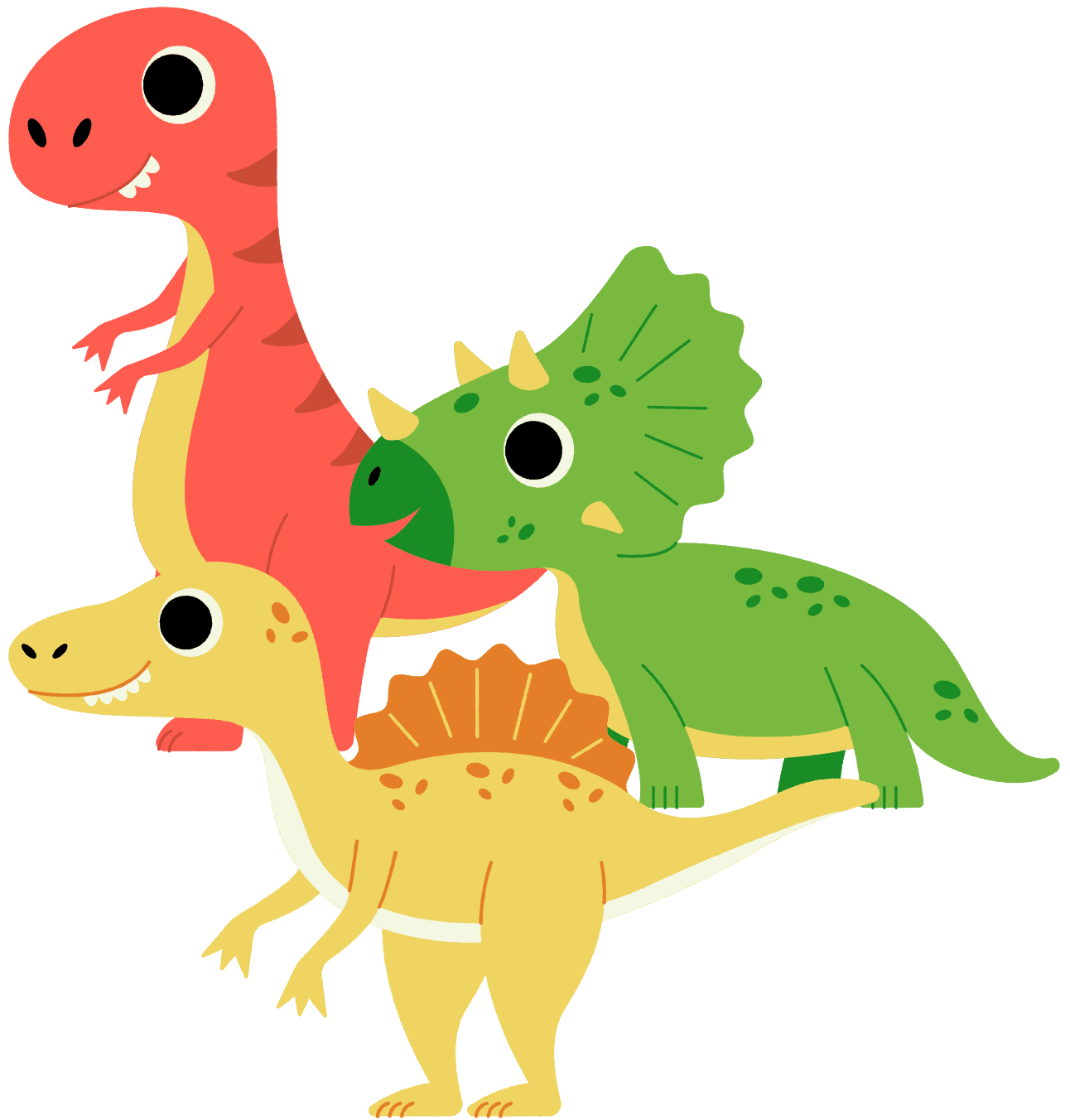
There are so many benefits to children playing with play dough. Not only is it fun and a great hands-on way to learn new concepts, but it's also great for promoting:

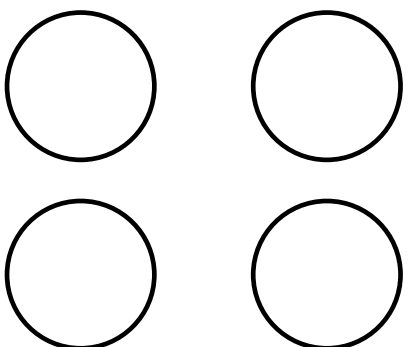
- Hand strength
- Fine motor coordination
- Hand arch development
- Bilateral coordination
- Proprioception
- Sensory integration and regulation
- Creativity
- Language development
- Social skills
- Shoulder stability
- Crossing Midline
- Concentration
- Calming
- Hand-eye coordination

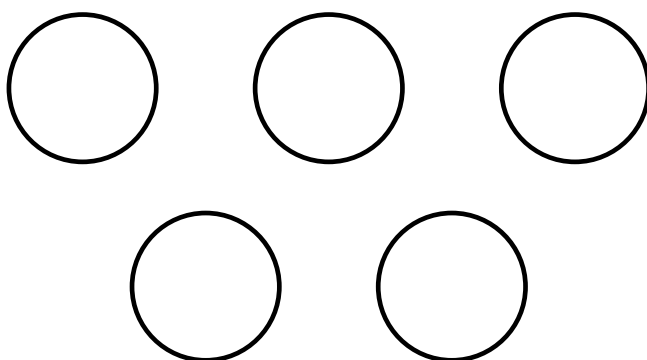


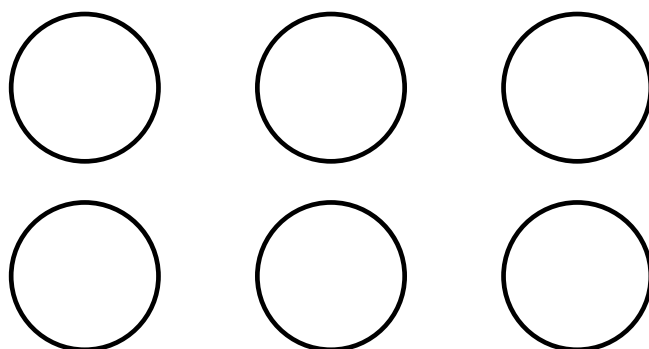


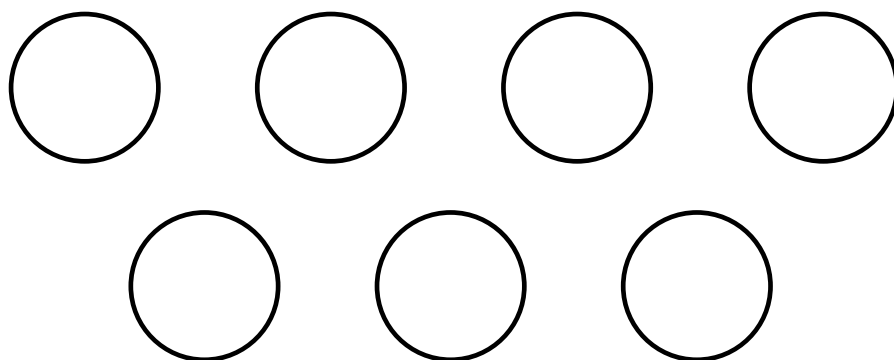


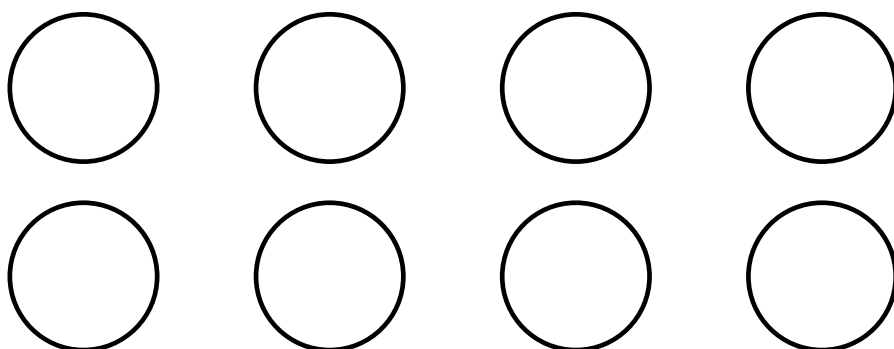




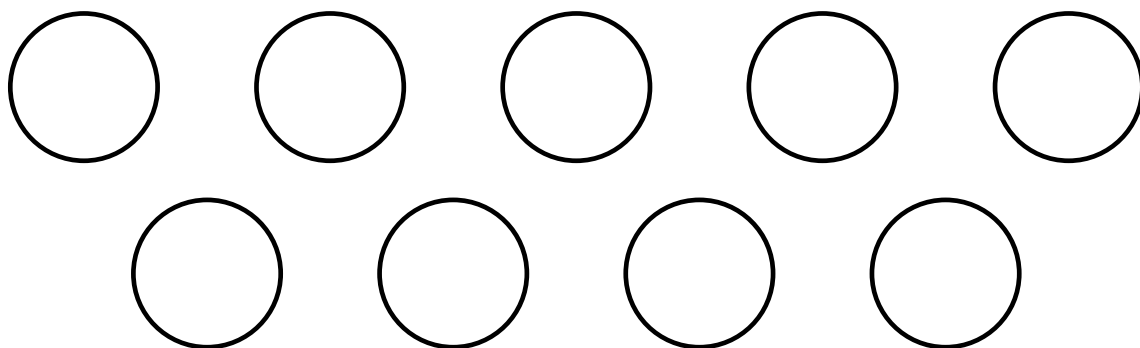


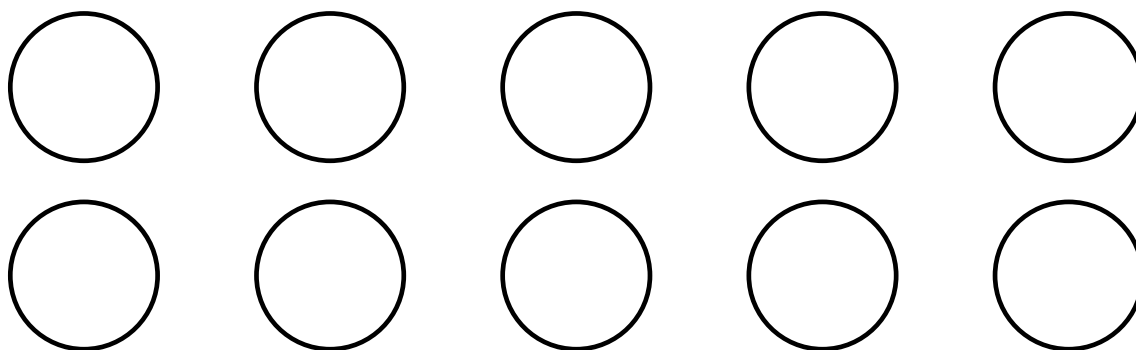












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