

# Playdough Tracks



Playdough is a great sensory activity. Squishing, rolling, poking, pulling toy cars through it, using toy animals and people to make tracks across it all give your child resistance and sensory input.

Remember – **We model fun to our children. Play with them and bring your best silly self. They will respond and want more.**

## Play Dough Tracks

**Materials Needed:** Play Dough (recipe for cooked and uncooked play dough will be below – more recipes available at [art-recipes-with-header.pdf](http://art-recipes-with-header.pdf) ([hollyridge.org](http://hollyridge.org))). **Toys:** cars, dinosaurs, animals, people, or anything that could leave an imprint in the play dough. **Table** or surface to move around and **FUN**.

**How to:** Set up the playdough and the toys your child is interested in on the table and invite them over to play. You can do this in a high chair as well with smaller children. Give them some playdough and being modeling how to squish, poke, roll. Add a toy to your play – if your child gestures for a toy, give them a choice between two toys and label each one “Do you want the truck or the dinosaur?” Whichever they gesture to repeat what it is, “You want the dinosaur.” And give them the dinosaur. Imitate what they do with the toy – stomp, drive, bury, etc. You can lead too – play hide and seek by burying the toy under the play dough. “Where did it go?” “Truck, truck, where are you?” Please support your child as they try to mimic you. “Do you want me to help?” “Oh, no...where did your dinosaur go?” “I have a big dinosaur, stomp, stomp, roar!” Support the gestures, label them and any sounds your child makes so they know you are understanding – even if it is hard to know precisely what they may be saying. Remember – PLAY is how we learn. Emotions tie to memory and your quality playtime supports so much growth.



**Developmentally this activity encourages** language development. Language development is supported in this play through words you use such as “pat, pat, squish, roll, ball, stomp, and stomp.” Labeling objects and actions, giving choices, and waiting for your child to respond with a gesture, sound or word gives them control in how their play looks – even if the gesture is a slight eye glance in one direction also encourages language development. Playdough play supports social and emotional development as a time to connect, explore and know you are there to connect with and support them. You’re building trust by interacting, reading their cues, and being part of their play.

**Links below have examples of how to set up these activities.**

[Play-dough Truck Tracks Activity - Toddler at Play](#)

[Winter Playdough Play {Footprints in The Snow} \(notimeforflashcards.com\)](#)