

USING PLAYDOUGH TO SELF-REGULATE

What is self-regulation?

Self-regulation is the ability to help us to control our emotions and behaviour to make good decisions in the moment. Like adults, Children are faced with difficult situations and experience big emotions. Supporting children in expressing themselves and managing their emotions are curtail to their academic and life success, and promotes happy and healthy living!

Playdough

Play dough is a sensory stimulating experience that helps shift children's attention away from their big emotions and moves their attention to the present moment. Making homemade play dough encourages connection between children and parents ,and parents can use this experience to teach mindfulness, by asking children what they see, hear, feel, and smell while making the playdough.



1 Cup Flour

1 Cup Salt

1 tbsp Cream of Tartar (helps with longevity of the dough)

1 tbsp Vegetable Oil

1 Cup Lukewarm Water

Food Colouring

Mix all dry ingredient together in a bowl

We like to add food colouring to the water, then slowly add water until desired consistency

Stir with spoon or with gloves on so you don't dye your hands

*option to add scent to the experience such as peppermint or vanilla extract

To extend this learning experience, add cookie cutters, rolling pin, plastic animals, cupcake liners, plastic knives, alphabet letters etc. Be mindful in choosing materials that are developmentally appropriate for your child's age!

All these additional materials will encourage mindful play!

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