

Rolling Relaxation with Playdough



Wonders & Worries

Professional support for children through a parent's illness.

We will, together.

ACTIVITY TYPE Relationship Building **AGE GROUP** 5+

GOALS

- To provide a fun, sensory experience as a way to relax
- To offer a play opportunity that promotes self-expression

MATERIALS

- Playdough
- Or Model Magic



INSTRUCTIONS

INVITE CHILD TO DO THE FOLLOWING THINGS:

1. Squeeze your playdoh as hard as you can with your right hand, then squeeze as hard as you can with your left hand.
2. Make a grumpy face with your playdoh.
3. Make a happy face with your playdoh.
4. Stretch your playdoh out as long as you can possibly make it.
5. Make something that you love out of playdoh.
6. Make something that you miss out of playdoh.
7. Take deep breaths while you make a ball out of playdoh.
8. Make a heart out of playdoh and name something you hold in your heart.
9. Make something that makes you laugh with your playdoh.
10. Make something that you want (a toy, object, etc) with your playdoh.
11. Make something scary with your playdoh.
12. Make whatever you want out of your playdoh.

MODIFICATIONS

USE DICE TO DETERMINE WHAT TO DO WITH PLAYDOUGH-

- For Round 1- use 1 dice to follow the instructions for your corresponding number.
- For Round 2- use 2 dice & add the numbers on the dice. Follow the instructions for the corresponding sum.
- Optional: Skip Round 1 and begin by using two dice using numbers 2-12.

