

## Top tips: Learning with dough

**Dough is a great sensory experience for children, it can also help children to develop the muscles in their hands, arms and shoulders that will support their later writing development.**

- Squishing, squeezing, squashing, rolling and manipulating the dough is a fantastic exercise for the muscles needed to hold a pencil and write
- Make some dough from a recipe or use playdough
- Set out an area to allow children to explore making marks, patterns and manipulating the dough
- Think about removing the chairs so children stand as they play with the dough
- This will help them to develop balance, proprioception, bi-lateral movement, cross midline development and their shoulder pivot.

