



## SUMMER-FALL-WINTER-SPRING FAMILY PLAY PLANS

*Busy families often find it hard to set aside time for play, especially with the distraction of screens and technology.*

*TRUCE offers some seasonal, screen-free ideas to inspire your whole family — whatever their ages— to play together.*



# FALL FAMILY PLAY PLAN

# Turn off the Screen & Turn on the PLAYDOUGH

## Playdough offers endless opportunities for family playtime.

Playdough is a simple item, easily made with materials found in the kitchen, that can provide hours of fun family play. As families play together, children learn skills such as cooperation, turn-taking, problem-solving, eye-hand and small muscle coordination, and much more. And, of course, playing together is just plain fun for everyone.



Watch children as they play. This can help you figure out what they are working and can help you know what to say and do.

You can add to the play by talking about what is happening: "I see that you are making a snake." "This playdough feels smooth." Ask simple questions, such as: "How can we make our playdough balls bigger? How can we make them smaller?"

### PLAY VALUE—PRICE VALUE

Playing with playdough—an inexpensive, open-ended material—can offer a deeper, more creative play experience than many of the expensive, one-purpose toys sold today.



# IDEAS FOR FALLTIME FAMILY PLAY WITH PLAYDOUGH

## BEST COOKED PLAYDOUGH RECIPE

Put **2 cups water** into a cooking pot. Add **1/4 cup oil** and **food coloring**. Heat until hot but not boiling. Stir in **2 cups flour**, **1 cup salt**, and **2 T cream of tartar**. Cook and stir on medium heat until playdough pulls away from the sides of the pot. Allow to cool, then knead for about 10 minutes—kids can help. Add flour if it's too "goopy." Store in a covered container or Ziploc bag. Consider making two batches in different colors.



## NO COOK PLAYDOUGH

Mix together **2 cups flour**, **2 cups boiling water** or hot tap water, **2 T cream of tartar**, **1 cup salt**, **2 T oil**, and **food coloring**. When cool, knead it until it's smooth and easy to manipulate.



## WHAT DO THE EXPERTS SAY?

Add some props from around the home and playdough play becomes a powerful way to support your child's learning. This simple preschool staple lets children use their imaginations and strengthen the small muscles in their fingers—the same muscles they will one day use to hold a pencil and write. - *National Association for the Education of Young Children*

## PROJECTS WITH PLAYDOUGH

- Make **prints** in playdough, using your hands, elbows, feet, leaves, pieces of lace, flowers, or whatever you can think of.
- Roll playdough into **snakes, balls, and snails**.
- **Poke things** into playdough, such as feathers, pipe cleaners, straws, uncooked pasta, buttons, seashells, or pebbles.
- Make a **playdough porcupine** and other prickly creatures using toothpicks.
- Make a **birthday cake** and use real birthday candles.



- Create **letters and numbers** with playdough.
- Use children's **scissors to cut playdough**. It's a great way for young children to practice cutting with scissors.



## SIMPLE TOYS AND HOUSEHOLD ITEMS TO USE WITH PLAYDOUGH



- **Wooden mallet**
- **Garlic press**
- **Plastic knives**
- **Small trays**
- **Plastic lids**
- **Small rolling pins**
- **Plastic cups**
- **Plastic animals and people**
- **Cookie cutters**
- **Buttons and beads**
- **Popsicle sticks**
- **Wooden dowels**
- **Pipe cleaners**
- **Plates, cups, pots and pans from children's kitchen set**
- **Children's scissors**

## TRUCE FAMILY PLAY TIP

Develop a family screen turn off ritual. Here are some ideas:

- Count all the screens that are on as you turn them off.
- See if you can turn off all the screens in a minute or less.
- Have a bin or basket where you put all portable screens during family play time.

