

Motor Matters

Suggestions to get your family moving brought to you by the occupational and physical therapists.

Gingerbread Playdoh

GINGERBREAD PLAY DOUGH RECIPE:

2 cups plain flour (all purpose)
1/2 cup salt
3 tablespoons any oil
2 tablespoons cream of tartar
1 cup of boiling water (added gradually)
1 tablespoon ground ginger
2 tablespoons ground cinnamon
5 drops of glycerine for extra shine!

METHOD:

Mix all of the dry ingredients into a bowl. Add the oil. Stir in the boiling water and allow to cool briefly. Knead it into a workable dough on a floured surface using your hands.

After a few minutes it should be soft and smooth and none should come off on your fingers. If it's still a little sticky then add more flour, one tablespoon at a time until it's just right!

Finally, add the glycerine for that extra smooth softness and shine.

Roll out the dough and use cookie cutter to make shapes. Add eyes and nose and other details. Create anything!



Visit the Imagination Tree Website for this & other great ideas: theimaginationtree.com/gingerbread-play-dough-recipe/



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Gingerbread Story

Read *The Gingerbread Man* and act out the story with movement. If you do not have the book, there are many videos of the story online.

Be creative, but here are some suggestions:

Jump out of the oven

Start in standing, squat down and jump up. Repeat 5 times.

Run, run as fast as you can!

Run in place or sit on the ground and pretend to run while moving your arms and legs quickly

Pretend to be the animals the gingerbread man meets

Cow: Get on hand and knees. Bend arms lowering down and pretend to eat grass. Look at your belly and then arch your back looking up as you moo!



Horse: Gallop around moving around obstacles. Stand with one leg in front of the other and rock back and forth like a horse.



Bear: Get on hands and feet. Walk like a giant bear!



Swim like the fox: Lie on your belly and lift your head, shoulders and both arms off the ground. Paddle your arms quickly to move across the river.

Fox eating the gingerbread man: Keeping your arms straight, hold them in front of you and pretend they are the foxes mouth. Open and close, clapping your hands. Start with your right hand on top. Try switching your hands so the left hand is on top.

