

Play and Leisure Functional / Manipulative Play

Construction – Activity Sheet 1

Construction play involves manipulating one or more pieces of play materials to create something new. This may involve a variety of methods – stacking, sticking, putting together, taking things apart, sorting or moulding, to name a few.

Construction play develops all types of skills and behaviours;

- The motor skills necessary to create and manipulate the items.
- Imagination skills.
- Planning & ideation skills; the ability to try out and test ideas.
- Perseverance when things don't work.
- When working with others turn taking and collaboration skills.

Activity Ideas

- Give your child plenty of opportunity to play with construction toys; not just Duplo or building blocks but playdough (see below for homemade playdough recipe) and making things from everyday objects e.g. toilet roll tubes and shoe boxes.

Please be aware that playdough (both shop bought and homemade) may contain wheat. Make sure you use a wheat free alternative if there is a known wheat allergy.



- Build things with your child, talking to them all the time. Introduce them to new worlds through your imagination.
- Construct an obstacle course together using pillows, cushions and duvets.
- Have a look at your 'Play at Home' book for other ideas.



- Putting together a train track.
- Making cars, rockets or houses out of cardboard boxes.
- Building sand castles.



- Building models with recycled materials.



2 cups of plain flour
2 tablespoons of vegetable oil
½ cup of salt
2 tablespoons of cream of tartar
Up to 1 ½ cups of boiling water
Food colouring (optional)



Mix the dry ingredients and oil in a large mixing bowl, add the colouring to the boiling water (if using). Gradually add the water until it comes together. Once the mixture is cool get your child to knead the dough until the stickiness has gone.

The playdough should last for up to 6 months if stored in an air tight container.

Playdough Recipe