



Dough Disco!



What is dough disco?

Dough disco involves making play dough into shapes in time to music and performing different actions such as rolling it into a ball, flattening it, putting each individual finger into the dough, rolling it into a sausage and squeezing it.

Why do dough disco?

This activity helps to strengthen children's fine motor muscles to enable them to develop their pencil grip which in turn will help to develop their writing skills. But most of all it's fun!

What do you need to do a dough disco?

Music - Any song will do! We have had Happy, Uptown Funk and Shake It Off.

Dough

A set of moves! - These can be done in any order and you don't need to include them all!

Try it at home!

You have nothing to lose but all to gain by doing dough disco at home! The children will develop the muscles in their hands to help them with their pencil grip which will help them with their handwriting. Give it a go and have some fun!

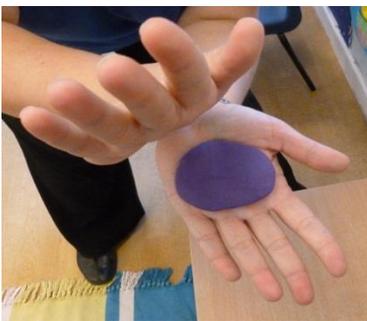
Happy dough disco!

The moves!

Sausage! Roll the play dough between both hands moving backwards and forwards to make a sausage.



Pancake! Hold the play dough in one hand and push the other hand flat into the play dough. Repeat this until the dough is flatter!



Pinch the play dough. Hold the play dough in one hand and use Tom Thumb and Peter Pointer to pinch the dough. Then swap hands and repeat.



Roll the dough into a ball using both hands.



Squeeze the dough with all the fingers and thumb using a fist grip one hand at a time.



Poke the dough with each finger and thumb in turn to make holes in the dough. Make sure you swap hands so all fingers and thumbs are used. Extend by using names of fingers and thumb:

- Tom Thumb
- Peter Pointer
- Toby Tall
- Ruby Ring
- Baby Small

