

DOUGH DISCO!

'Dough Disco' is a fun activity which combines the use of play dough with a series of hand and finger exercises designed to improve fine muscle control. The movements develop children's fine and gross motor dexterity, hand-eye coordination and self-esteem. Your child will develop muscles in their hands to help them with their pencil grip which will help them with their writing skills.

What is dough disco?

Dough disco involves moulding dough 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!

Dough – You may already have some play dough at home but if not you can make your own with your child. I have included a recipe below.

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



Recipe for play dough - uncooked

Ingredients:

1 cup of salt
2 cups of warm water
2 tablespoons of cream of tartar 2 cups of flour
2 tablespoon of oil
Food colouring

Directions:

Mix the flour, salt, cream of tartar and oil in a large mixing bowl.

Mix the water with the food colouring.

Add the water/colour-mix to the other ingredients, stir well.

Stir continuously until it becomes dough.

When the mixture has cooled start to knead.

Knead it until the stickiness has gone.

Add more flour if it remains a little sticky.

When desired texture is achieved, the play dough is finished, enjoy your dough disco!

Dough disco moves!

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

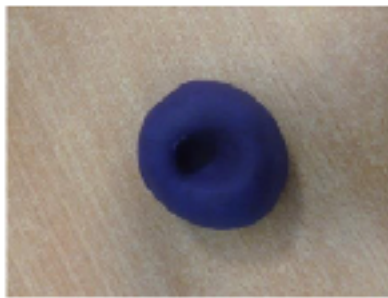


Roll the dough into a ball using both hands.

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:

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



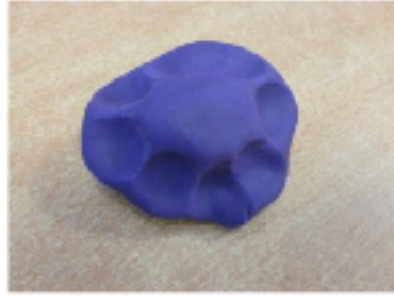
Sausage! Roll the dough between both hands moving backwards and forwards to make a sausage.



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



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



HAPPY DOUGH DISCO-ING!