

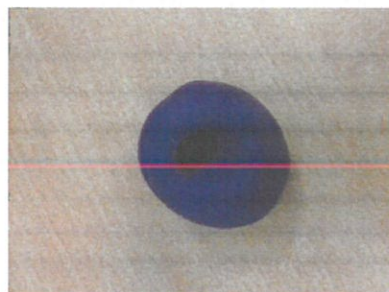
Dough disco moves!

Roll the dough into a ball using both hands.

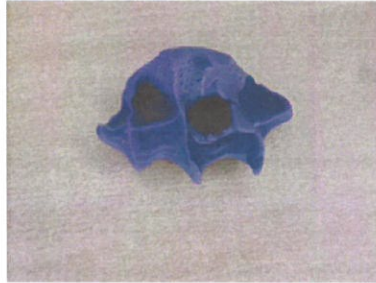


Poke the dough with each finger and thumb in turn to make holes in the dough. Make sure you swap hands so all fingers and thumbs are used. Extend by using names of fingers and thumb:

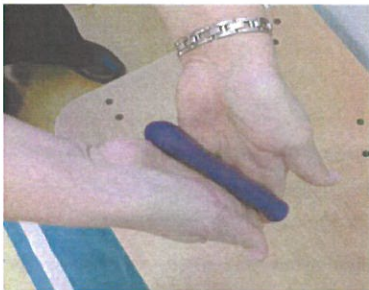
- Tom Thumb
- Peter Pointer
- Toby Tall
- Ruby Ring
- Baby Small



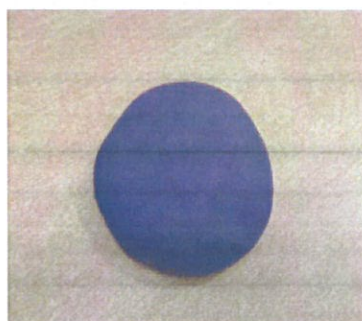
Squeeze the dough with all the fingers and thumb using a fist grip one hand at a time.



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.



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! Five minutes a day will help to give your children the skills they need to become happy and successful writers! Give it a go and have some fun!

Happy dough disco!

