



Dough Disco



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 individual fingers 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 and of course it is fun!

What do you need to do a dough disco?

Music - Any song will do.

Dough - You can buy pots of play dough or make your own.

Disco moves - These can be done in any order and you don't need to include every move.

Recipe for play dough - Uncooked

Ingredients:

1 cup of salt

2 cups of warm water

2 table spoons of cream of tartar

2 cups of flour

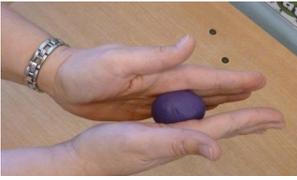
2 tablespoons of oil

Food colouring

- Mix the flour, salt, cream of tartar and oil in a large mixing bowl.
- Mix the water with the food colouring.
- Add the water/food colouring and 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 sticky.
- When desired texture is achieved, the play dough is finished ...enjoy dough disco!

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 swop 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.



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



Hold the dough in one hand and **push** the other hand flat into the dough. Repeat until the dough is flatter like a pancake.



Pinch the dough. Hold the dough in one hand and **pinch** the dough then swap hands and repeat.



Have a go at home. It will help develop the muscles in their hands to help with pencil grip and writing skills. Happy dough disco!