



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 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! Anything from 60s classic songs to modern pop songs!

Dough – You can buy pots of dough or make your own with your child. See the recipe below to help!

A set of moves! - 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 tablespoons of oil
- Food colouring

Directions:

1. Mix the flour, salt, cream of tartar and oil in a large mixing bowl.
2. Mix the water with the food colouring.
3. Add the water/colour-mix to the other ingredients, stir well.
4. Stir continuously until it becomes dough.
5. When the mixture has cooled start to knead. Knead it until the stickiness has gone. Add more flour if it remains a little sticky.
6. When desired texture is achieved, the play dough is finished, enjoy your 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 swap hands so all fingers and thumbs are used.

Extend by using names of the 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 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.

Try at home!

You have nothing to lose but all to gain by doing dough disco at home. Your child will develop the muscles in their hands to help them with their pencil grip which will help them with their writing skills. Have some fun down at the dough disco!

Watch the link below of Shonette Bason-Wood (developer of Dough Disco) she explains and demonstrates the moves.

[Let's Go To The New Dough Disco](#)

