



Dough Disco!



What is Dough Disco?

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

Each of our fingers are given a name so the children know which finger to use during the session. These are as follows;

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

Why do we 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 as they get older. It is also a lot of fun!

When do we do Dough Disco?

Children in the Nursery from the age of 2 upwards take part in a 5 to 10 minute session every day. The session usually takes place before lunch time.

Each child has their own individual small pot of play dough with their name on that they use for the session.