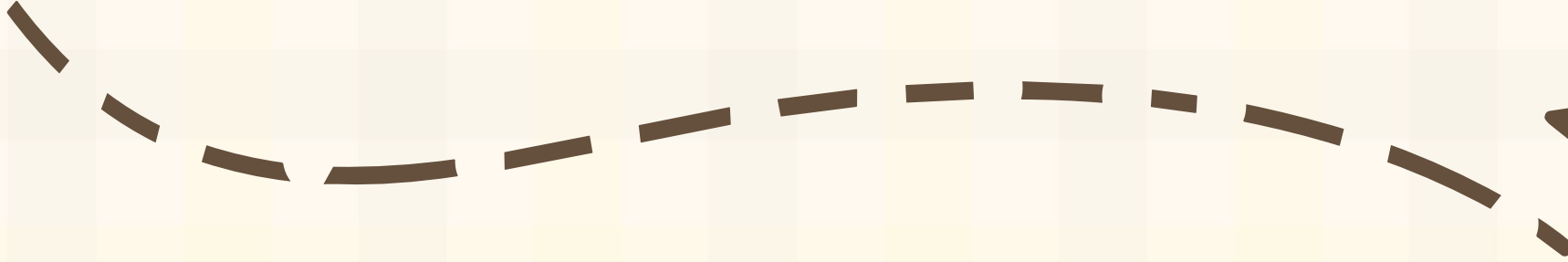
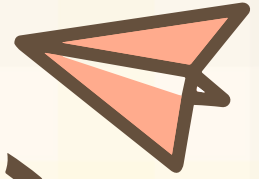
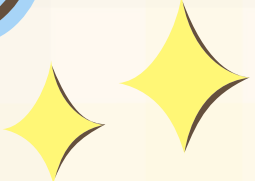






DOUGH DISCO





INTRODUCTION



Dough Disco is a fun and engaging activity designed to support children's development by encouraging the use of both fine and gross motor skills. It involves children playing with playdough while simultaneously moving their hands to music. The rhythmic movements and tactile play help children develop essential skills, boosting their confidence and coordination.





WHY DOUGH-DISCO



It aids with children's Fine Motor Skills: Fine motor skills refer to the small muscle movements needed for tasks such as writing, tying shoelaces, and buttoning shirts. Dough Disco allows children to manipulate the playdough, squeezing, rolling, pinching, and pressing it into different shapes. These actions strengthen the small muscles in the hands and fingers, which are crucial for later skills like holding a pencil or using utensils.





WHY DOUGH-DISCO

Gross Motor Skills: Gross motor skills involve larger muscle groups and are important for tasks like running, jumping, and balancing. During Dough Disco, children often incorporate their whole body, moving and dancing along to the rhythm of the music. This helps to improve coordination, balance, and overall body control.



USEFUL LINKS





Early Years Emily - Youtube

She has many different Dough Disco songs and actions. These are the ones we use at school.

Videos such as this one here enables you child to follow simple steps to first warm up their hands and arms with the use of playdough. As the song progresses the challenges for the dough become more complex and engaging for their muscle movements.





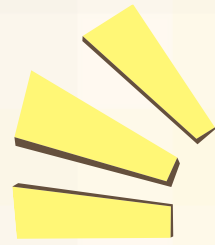
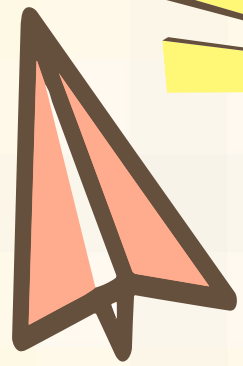
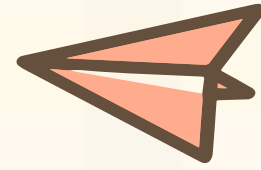
WHAT YOU CAN DO AT HOME

- Encourage Different Movements: To help develop fine motor skills, guide your child to perform specific actions with the dough, such as rolling it into balls, making lines, or pressing it flat. For gross motor development, encourage them to move in larger ways—by wiggling their bodies, jumping, or stretching while playing with the dough.
 - Use Different Tools and Materials: Try adding tools such as rolling pins, cookie cutters, or small plastic toys. These tools can help with precision and control in fine motor tasks, while also adding variety to the activity to keep it exciting.
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WHAT YOU CAN DO AT HOME

- **Make It a Family Activity:** Join in the fun by playing alongside your child. By doing so, you create a supportive, interactive environment that strengthens your bond and provides opportunities for learning and shared play.
 - **Regular Practice:** Incorporate Dough Disco into your daily or weekly routine. The more often children practice their fine and gross motor skills, the more they will develop and refine them. Short, regular sessions are often more beneficial than long, infrequent ones.
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THANK YOU

