



At Home Dough Disco

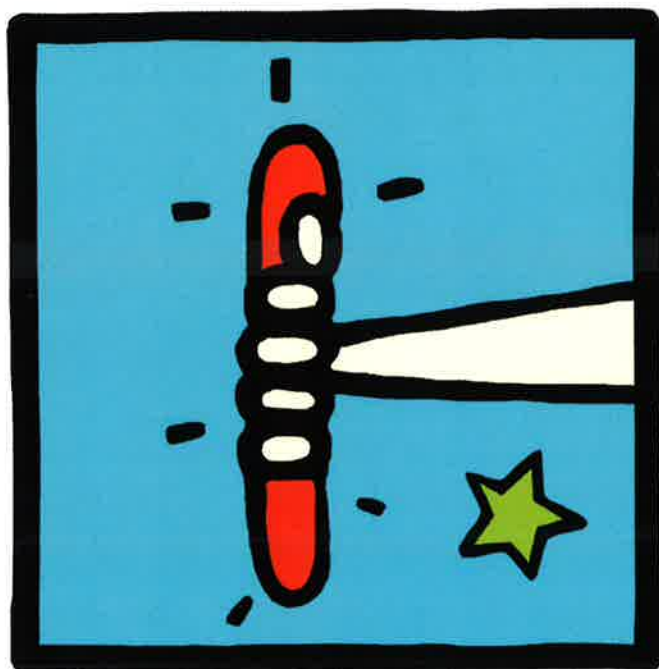
At home **Dough Disco** Week 1

Move 1

Squeeze

Warm up the dough by simply squeezing in one hand and then passing the dough to the other hand and squeezing it as hard as possible again.

This move needs to be repeated about three times in each hand. I also 'squeeze' in between different moves, like after a sausage or piano and before a ball it!

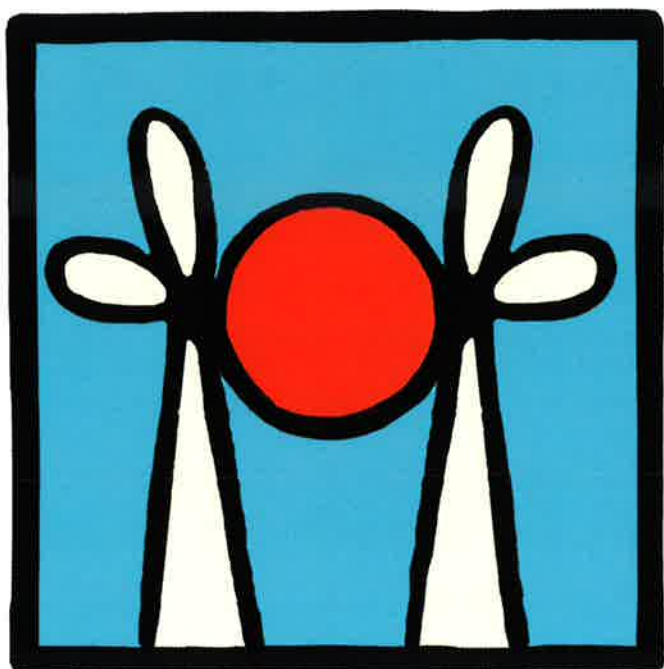


Move 2

Ball it!

Place the Disco Dough between your two palms and roll it!

Keep going until your dough forms a ball shape. In winter call it a snowball, in summer, a beach ball...! The ball comes before we 'pat it' - Move 3. It is also essential before we dive our fingers in. Don't forget to give both hand fingers a turn. The ball is essential for palm awareness.



At home Dough Disco Week 2

Move 3

Pat it!

Take the 'ball' (Move 2) and flatten it with the other hand. Swap hands so both sides of the dough pancake get flattened. This gives you a dance floor on which all 10 fingers can take turns at dancing on!



Move 4

Single fingers

Dough dance floor. Call them the correct names! ‘Go Tommy Thumb!’ ‘Go Peter Pointer!’ ‘Go Toby Tall’ ‘Ruby Ring do your thing!’ ‘Baby Small he’s the best groover of all!’. Change hands and then let the other fingers go to the Dough Disco, don’t forget their names as well. Saying the names helps young children gain more awareness of their fingers. A friend of mine’s daughter loved Dough Disco and even when she fell and hurt her fingers she’d say ‘I’ve hurt Toby and Peter!’.

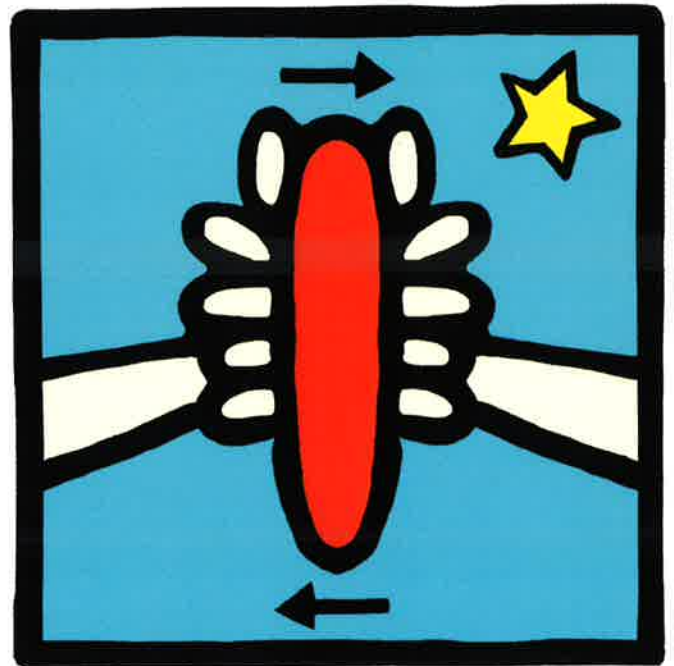


At home **Dough Disco** Week 3

Move 5

SauSage

Place the dough between the two palms and push the palms together tight. A rubbing action is made to lengthen the dough. See how long the children can make the sausage and then use the dough sausage to make a trumpet.



Move 6

Diving

You will need to 'squeeze' (Move 1) and 'ball it' (Move 2) before you dive! Once you have a Disco Dough ball say 'Shall we take our fingers for a dive?' Then dive each individual finger into the dough ball shouting 'WHOOO!'. Before you change hands give the dough a quick roll. Now your other hand can dive each individual finger in.

