**Dough Disco**

In Nursery we introduced a 5 minute dough disco session three times a week. Dough disco is a fun activity with several hand and finger exercises designed to develop fine motor skills and hand/eye co-ordination. This is an activity which you can do together at home. All you need is some playdough and some music to move along to. (Look for links on you- tube)

**Activity**

Choose a hand – Say hello to each finger/thumb.



Hello – Tommy thumb

Peter pointer

Tommy tall

Ruby ring

Baby small

**“We are going to take you to the dough disco”. Get your dough and let’s go”.**

Roll it into a ball, roll it into a sausage. Squeeze it, pat it , flatten it, poke it, pinch it.

**Have lots of fun together and remember to take some photographs.**