



### DISCO MOVES:

- Roll- Roll the dough into a ball using both hands
- Poke- Poke the dough with each finger and thumb in turn to make holes. Remember to swap hands!
- Squeeze- Squeeze the dough with all the fingers and thumb using a fist grip. Do this one hand at a time.
- Sausage- Roll the dough between both hands, moving backwards and forwards to make a Sausage shape.
- Pancake- Hold the dough in one hand and push the other hand into the dough. Repeat this until you have a pancake.
- Pinch the dough- Hold the dough in one hand and use your thumb and a finger to pinch the dough. Swap hands and repeat.

### EQUIPMENT:

- Play dough
- Music (You can do this activity without Music)



### GENERAL:

You will need to make your play dough before doing this activity!

Play dough is a great way to improve children's fine motor skills, whilst having fun!

Name the fingers and thumb:

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