Dough Disco

is just a range of hand exercises that you can do with playdough and music!

It can be a fun way to develop hand strength and coordination skills.

For this one you sing the same song but add a different action each time, for example...

'If you're happy and you know it squeeze the dough,

'If you're happy and you know it squeeze the dough,

If you're happy and you know it and you really want to show it,

If you're happy and you know squeeze the dough!

The next time you would add *'roll the dough'* instead of *'squeeze the dough'*.

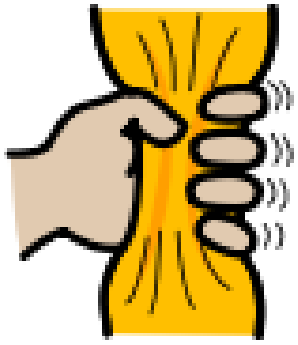It's a mix and match activity so choose the actions that work for your child.

! BE CAREFUL !

Just a reminder that our children may attempt to eat the playdough!!

Watch this **video on YouTube** to get an idea of the actions and the song. Scroll to the last page to see a larger version.

squeeze

If you're happy and you know it …..

Squeeze the dough '

squeeze the dough tightly with **each hand in turn.**

If you're happy and you know it …..

roll a snake'

roll   a   snake

roll the dough on the table with 1 or both hands.
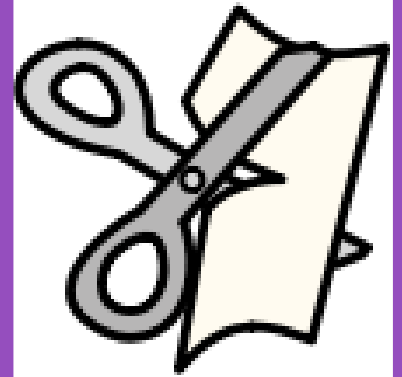
If you're happy and you know it …..
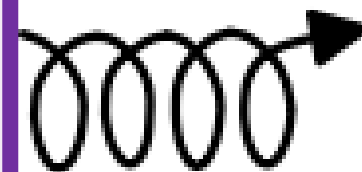
Cut the dough '
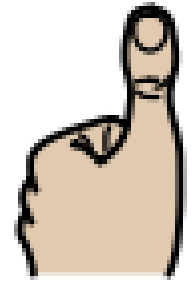

cut

'If you're happy and you know it …..

roll a ball'

roll

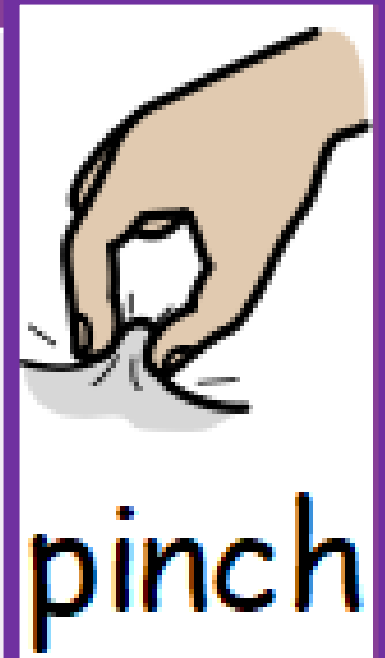roll the dough between both hands to create a ball shape

If you're happy and you know it .....

Push in your thumb'

thumb

Push thumb into the ball of dough.

If you're happy and you know it ..... 'Pinch the pot"

Pinching

pinch

With your thumb in the ball of dough, pinch with tripod fingers

Dough Disco video with actions and song!

Search 🔍

Warm up time!

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