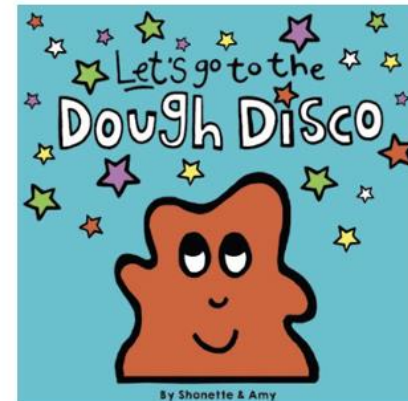




# Dough Disco



## What is it:

Dough Disco is a fine motor exercise which supports children to strengthen and control the movement in their fingers, mark making, letter formation and writing. It involves moulding play dough in time to music and performing different actions such as rolling the play dough into a ball, flattening it, putting each individual finger into the dough, rolling it into a sausage and squeezing it.

## Impact:

At The Beacon in our Early Years classes, we are committed to developing all the skills the children need to ensure they are life-long learners. Children and adults need to have strong muscles in their hands to enable them to write effectively. This is exercise for the fingers to improve fine motor control and gross motor skills. Doing these simple, fun exercises help our child prepare for mark making and writing.

