

Dough Disco moves

These moves to help to strengthen our fingers ready for writing



Squeeze!



Roll a ball



Splat!



Poke a hole



Roll a sausage



Finger dive



Walking fingers



Play the piano



Pizza pinch



Thumb squeeze

Why don't you try these moves at home.

1. Share the playdough between yourself and your child (click the other link to find an easy playdough recipe)
2. Put on some fun music
3. Practise each move one at a time. Don't forget to use both hands.