

Dough Gym

Dough gym or dough disco is a fun way to develop fine motor skills. We will be starting this activity this term in class.

You can use home made play dough or shop brought.

Here is a useful recipe for play dough

Playdough ingredients:

- 2 cups all-purpose flour
 - 3/4 cup salt
- 4 teaspoons cream of tartar
 - 2 cups lukewarm water
- 2 Tablespoons of vegetable oil (coconut oil works too)
Food colouring, optional

Keep the dough in an air tight box or bag.

You can follow these videos:

https://www.youtube.com/watch?v=N4Y_dw023G8

The Muffin Man

<https://www.youtube.com/watch?v=KSBO8N4ctJg>

Incy Winsy Spider

<https://www.youtube.com/watch?v=zJQ2CaA7E50>

Funky Feet Music-Play Dough Disco. Hand eye coordination, crossing midlines, developing fine motor

Or follow the actions on the other side, no music needed.

1

Squeeze the playdough in your hand.



2

Make a sausage shape by rolling the playdough.



3

Squash the playdough flat into a pancake shape.



4

Pinch all around the edges using your thumb and fingers.



5

Pass your pancake from hand to hand, left to right then back again.



6

Press each of your fingers, one by one, into the dough.



7

Roll the playdough into a ball in your hands or on a table.

