

The BIG
Book of
Dough
DISCO



A Progressive
Fine Motor Skills
Programme

By Shonette & Amy

What Are Fine Motor Skills?

Fine motor skills involve small muscles working with the brain and nervous system to control movements in areas such as the hands, fingers, lips, tongue and eyes. Developing fine motor skills helps children do things like eating, writing, manipulating objects and getting dressed.

A baby uses their fingers and thumbs to pick things up. They will also feel and taste objects with their mouth and lips. An older child will use their fine motor skills for actions like pulling up a zip or using scissors to cut up paper. These important skills will contribute to a child's development and independence across all areas of learning.

Research shows that the development of fine motor skills depends on the development of gross motor skills and that a joined-up approach to physical development is important. Young children need many opportunities to develop fine motor skills alongside gross motor skills so they can become confident to explore the world around them.

Mark making is an important experience for children because over time they can attribute meaning to their marks. Combined with a child's developing dexterity, these marks become refined and deliberate, until the point at which the young child labels their marks, either as pictures or writing.

<https://help-for-early-years-providers.education.gov.uk/physical-development/fine-motor-skills>



How to Dough Disco ☆

Dough Disco was created as a simple, easy to implement fine motor skill exercise. Done daily, it will improve fine motor skills.

So, when should you do it? I recommend that it is in your daily timetable then it will get done even on the days you forget! Lots of people say to me 'I do it on a Friday' or 'My children love it, so we do it when they remind me!'

Dough Disco is as important as phonics! Yes! Really it is and, whilst not yet a directed task, the benefits mean it is essential to do the exercise daily. (Reread the introduction if you have forgotten why.) ☆

☆ I have always done Dough Disco at the start of my day because it is a great way to begin their learning. It warms up the fingers for the day's work and brings energy to the classroom from the start. For me Dough Disco is a 9 am non-negotiable. ☆

You can do it at other times of the day, but make sure it is in your timetable and also do it at the same time each day, then if you forget the children will remember. You can also double up on Dough Disco if your draw a person assessment is not showing arms and fingers. I did this post-covid, so we had a session at 9 am then again at the end of the day with a Spread the Happiness TV video.



At Home Dough Disco for Creating Parent Partnership.



It is important, especially in school holidays, that we continue to practise fine motor skills at home. This way the child's fine motor strength will increase. Often during a holiday period, a child will regress and lose their fingers - on their draw a person. It is important for this to continue over the holidays and Dough Disco has resources to help you forge a link with adults in the home.

At Home Dough Disco videos are available on Spread the Happiness TV YouTube.

The best way to get adults at home engaged is to have a Spread the Happiness time. Let them come into the setting and enjoy time with the children making dough (use the non-cook recipe). Bake something where the children are getting messy. Then you can explain that this is all fine motor skill exercise which is essential in young children for writing, counting and independence. Have lots of messy play so they can see how much you do in the setting so they do not have to get messy at home, unless they want to and that would be wonderful as well. Inspire them to understand that fine motor skills are as essential as reading with children so they understand the importance. Then Dough Disco with them.

Make 'At Home Dough Disco packs' to take home with pots of Disco Dough in or even packs of ingredients to make the dough at home - the non-cook recipe is so easy but not everyone has cream of tarter in the cupboard like Early Years teachers do!

Encourage the sharing of the 'At Home Dough Disco' with selfies of messy hands or the dough they make. This could be online, email or even by tagging you into a social media post. If they use #doughdisco #spreadthehappiness I will see it and make positive comments. Importantly share the Draw a Person results when you know the 'at-home adult' has been determined to help, to show the development of their child. This will show praise and appreciation of their at home efforts.



Plan in more times to share good practice. When I have a Spread the Happiness Time, I show the parent/carers how we do something, for example, Enhanced Dough Disco, which is parachute time which works well with the adults. They could just use a sheet or piece of material.

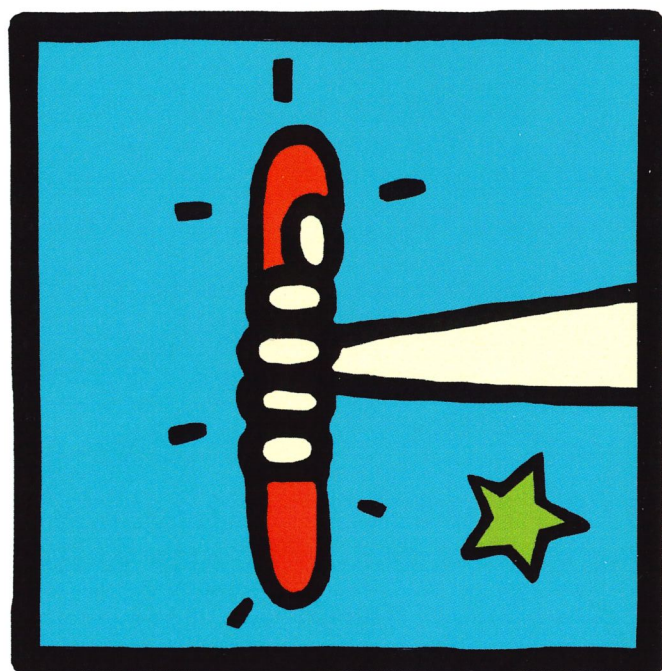
At home **Dough Disco** Week 1

Move 1

Squeeze

Warm up the dough by simply squeezing in one hand and then passing the dough to the other hand and squeezing it as hard as possible again.

This move needs to be repeated about three times in each hand. I also 'squeeze' in between different moves, like after a sausage or piano and before a ball it!

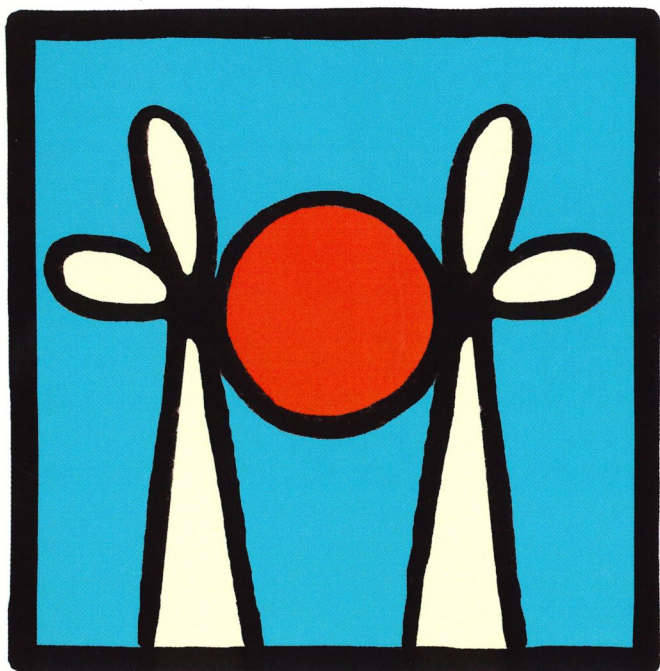


Move 2

Ball it!

Place the Disco Dough between your two palms and roll it!

Keep going until your dough forms a ball shape. In winter call it a snowball, in summer, a beach ball...! The ball comes before we 'pat it' - Move 3. It is also essential before we dive our fingers in. Don't forget to give both hand fingers a turn. The ball is essential for palm awareness.

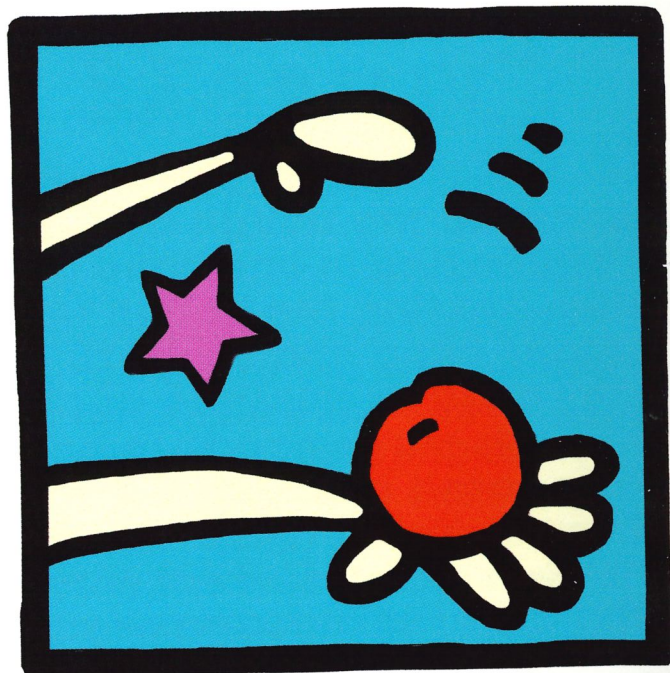


At home Dough Disco Week 2

Move 3

Pat it!

Take the 'ball' (Move 2) and flatten it with the other hand. Swap hands so both sides of the dough pancake get flattened. This gives you a dance floor on which all 10 fingers can take turns at dancing on!



Move 4

Single Fingers

Dough dance floor. Call them the correct names! 'Go Tommy Thumb!' 'Go Peter Pointer!' 'Go Toby Tall' 'Ruby Ring do your thing!' 'Baby Small he's the best groover of all!'. Change hands and then let the other fingers go to the Dough Disco, don't forget their names as well. Saying the names helps young children gain more awareness of their fingers. A friend of mine's daughter loved Dough Disco and even when she fell and hurt her fingers she'd say 'I've hurt Toby and Peter!'.

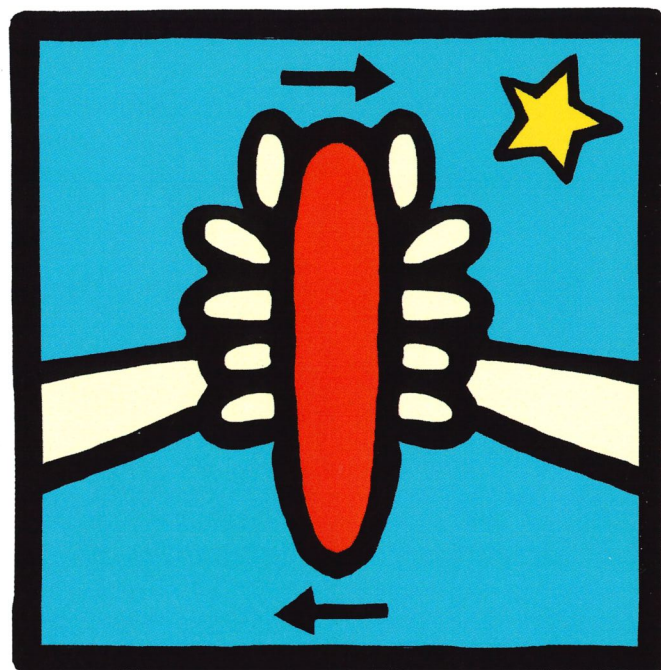


At home **Dough Disco** Week 3

Move 5

Sausage

Place the dough between the two palms and push the palms together tight. A rubbing action is made to lengthen the dough. See how long the children can make the sausage and then use the dough sausage to make a trumpet.

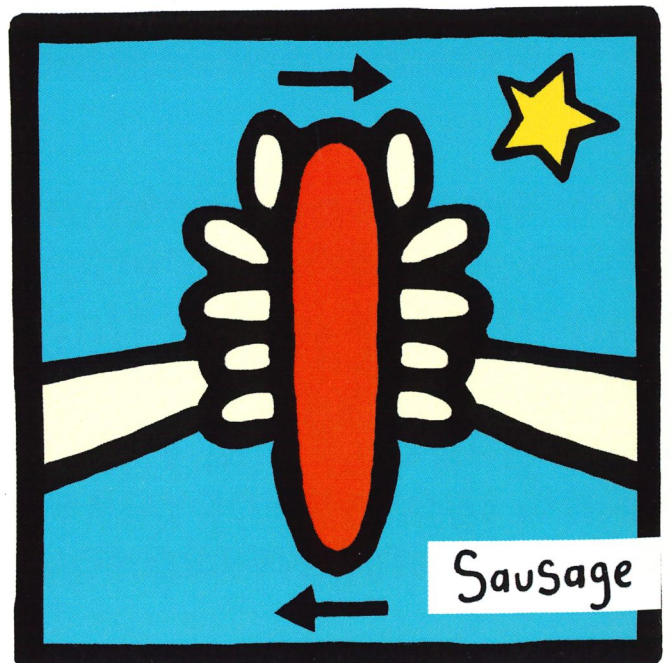
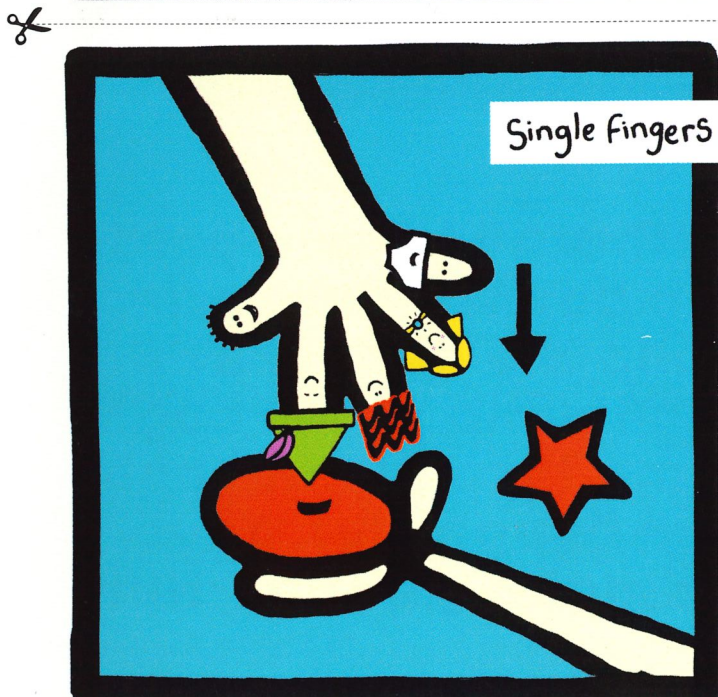
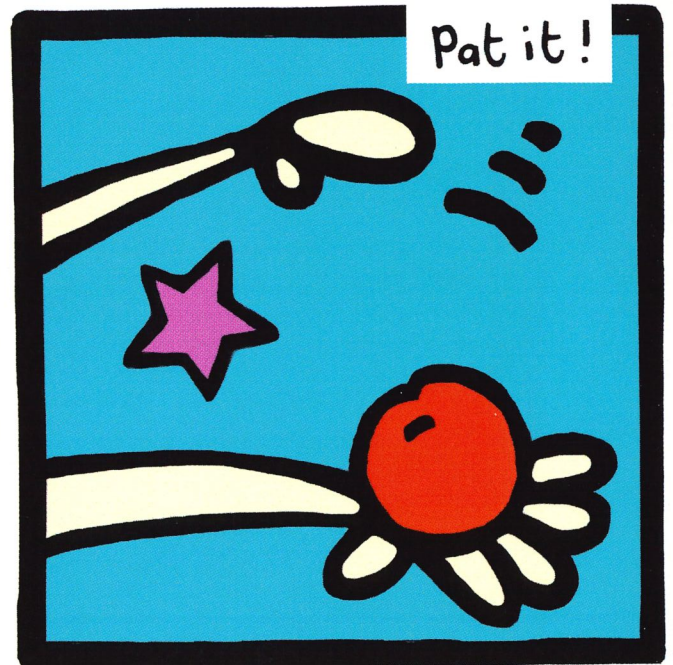
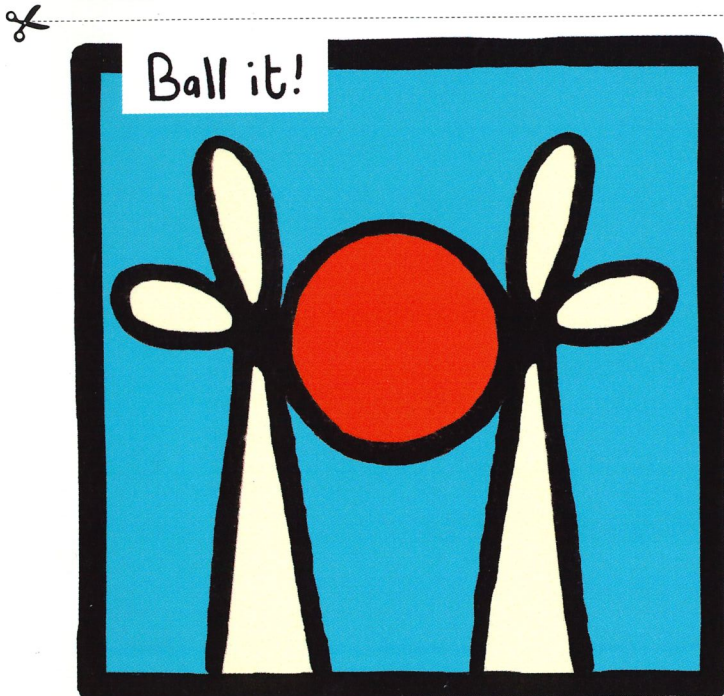
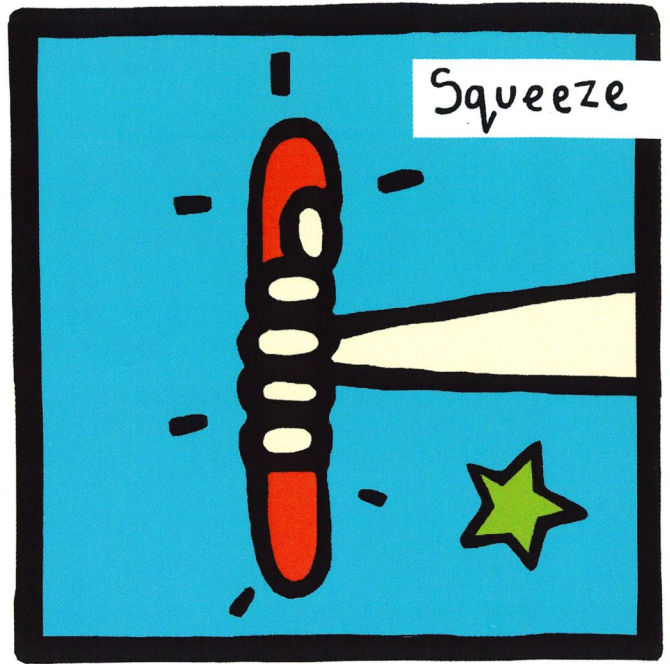
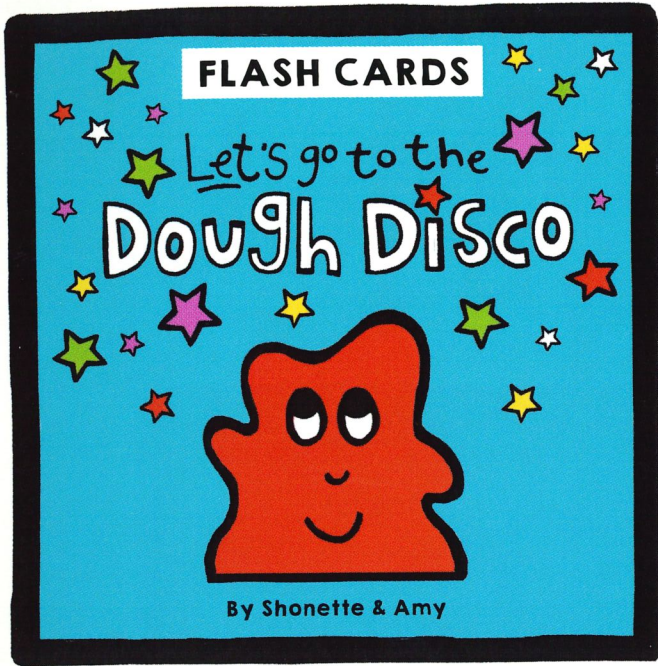


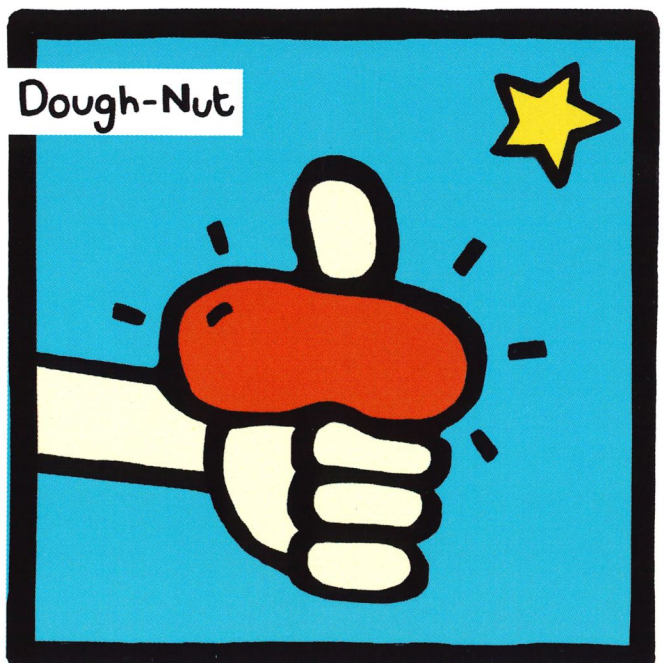
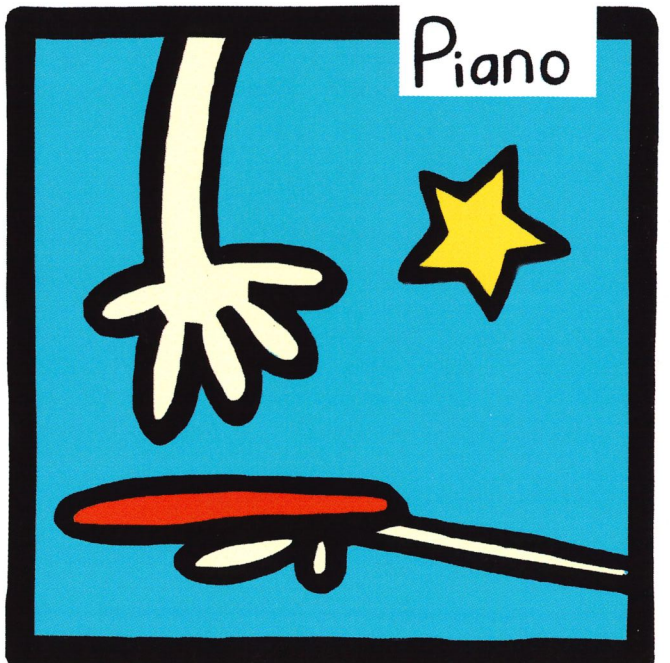
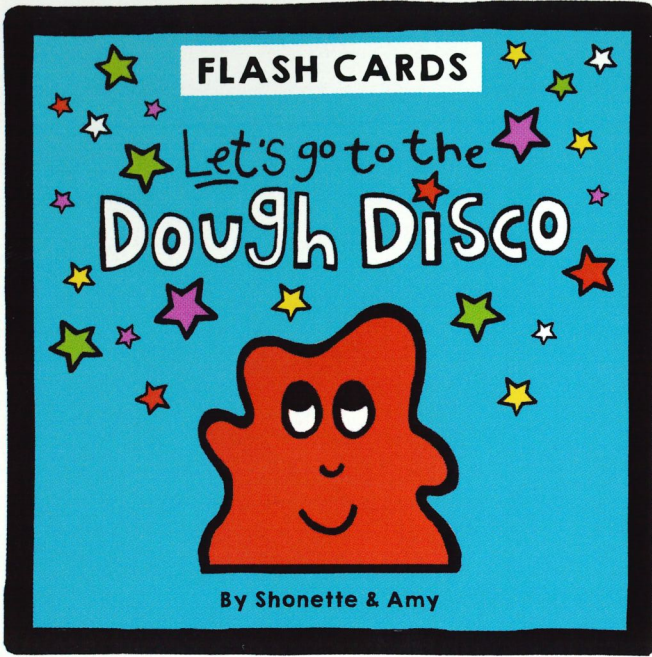
Move 6

Diving

You will need to 'squeeze' (Move 1) and 'ball it' (Move 2) before you dive! Once you have a Disco Dough ball say 'Shall we take our fingers for a dive?' Then dive each individual finger into the dough ball shouting 'WHOOO!'. Before you change hands give the dough a quick roll. Now your other hand can dive each individual finger in.







Spread The Happiness

homemade dough

You need:

- Plain flour (all purpose)  2x Cups
- Vegetable oil  2x table spoons
- Salt  1/2 cup
- Cream of Tartar  2x table spoons
- Boiling water  up to 1.5 cups (adding in increments until it feels just right)
- Food Colouring (optional) 
- Glycerine  Few drops (optional - adds more shine!)

Method:

Mix the flour, salt, cream of tartar and oil in a large mixing bowl

Add food colouring to the boiling water

then tip into the dry ingredients (colour optional)

Add the glycerine (optional)

Allow it to cool down then take it out of the bowl and knead it vigorously for a couple

of minutes until all of stickiness has gone.

Stir continuously until it becomes a sticky combined dough

This is the most important part of the process, so keep at it until it's the perfect consistency!





Flavouring additions:

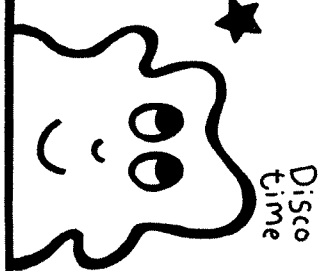
- Garlic 
- Onion 
- Cocoa powder 
- Grass 
- Lavender 
- Grated carrot 
- Apple 
- Banana... 
- Anything you like!



★ The Dough Disco Finger Family ★



 Colour me in!
 Cut me out



Dough Disco

PLAY LIST

1. Happy - Pharrell
2. Firework - Katie Perry
3. Can't stop the Feeling-Justin Timberlake
4. Move it Move it - Madagascar
5. Try Everything - Shakira
6. We Love to Boogie - T-Rex
7. We Will Rock You - Queen
8. Wrapped Around Your Fingers- Ollie Murs
9. Dance With Me Tonight - Ollie Murs
10. Shotgun - George Ezra
11. Shut Up and Dance - Walk the Moon
12. Footloose - Kenny Loggins
13. I'm Still Standing - Elton John
14. 5,6,7,8 - Steps
15. Any Song by S Club 7
16. Working 9 to 5 - Dolly Parton
17. Lion Sleeps Tonight - The Tokens
18. Uptown Funk - Mark Ronson
19. What Makes you Beautiful - One Direction
20. We Like to Party - The Vengaboys
21. Adams Family Theme Tune
22. My Heart Goes - Becky Hill
23. Who Let the Dogs Out? - Baha Men
24. I Wanna Dance with Somebody - Whitney Houston
25. Never Going to Let you Down - Rick Astley
26. It's Friday Then - Riton
27. Dance Monkey - Tones and I
28. Proud Mary - Tina Turner
29. Crocodile Rock - Elton John
30. Shake it off - Taylor Swift
31. Cotton Eyed Joe - Rednex
32. Surface Pressure - Jessica Darrow
33. Green, Green Grass - George Ezra
34. We are Family - Pointer Sisters
35. Fame - Irene Cara
36. Abba Medley
37. Don't Stop Believing - Journey
38. Take on me - Aha
39. Under Pressure - Queen
40. You Make my Dreams Come True - Daryl Hall and John Oates
41. Uptown Girl - Billy Joel
42. Pump up the Jam - Technotronic
43. Shake - Otis Redding
44. Wake up Boo! - The Boo Radleys
45. Mr Blue sky - Electric Light Orchestra
46. Wuthering Heights - Kate Bush
47. In the Summertime - Mungo Jerry
48. St Elmo's Fire - John Parr
49. Summer Breeze - Seals and Crofts
50. What a Wonderful World - Louis Armstrong



**Dough Disco brings
hands from all around
the world together**