



Disco Dough



How to make play dough

You will need;

8 tbsp plain flour
2 tbsp table salt
60ml warm water
food colouring (if you would like to colour your playdough)
1 tbsp vegetable oil

Method

1. Mix the flour and salt in a large bowl. In a separate bowl mix together the water, a few drops of food colouring and the oil.
2. Pour the coloured water into the flour mix and bring together with a spoon.
3. Dust a work surface with a little flour and turn out the dough. Knead together for a few minutes to form a smooth, pliable dough. If you want a more intense colour you can work in a few extra drops of food colouring.
4. Store in a plastic sandwich bag (squeeze out the air) or tub in the fridge to keep it fresh.

Children at Tree Tots really enjoy our 'Disco dough' sessions, this is a fun activity which combines the use of play dough with a series of hand and finger exercises designed to improve fine muscle control. The movements develop children's fine and gross motor dexterity, hand-eye coordination and self-esteem.

Why not have a go at home with your child, begin with a slow piece of music and encourage your child to carry out different stretches and slow movements e.g., rolling your head, stretching your arms high to the sky.

For the next part of the session find another piece of music that is slightly faster to the last one and get your playdough ready, carry out different actions with the playdough to the beat of the music e.g., roll, pat, pinch, prod and squeeze. Once the second piece of music is finished, encourage your child to roll the playdough back into a ball and pop it back in the tub.

For the third and last part of the session encourage your child to lie on their back and play a slow paced, relaxing piece of music e.g., 'twinkle twinkle little star' and blow bubbles for your child to pop whilst their lied down using their peter pointer (index finger).