

St Bernadette's Catholic Primary School



"Butterfly" Sensory Curriculum - Dough Disco – Fine Motor Programme

Disco Dough helps to strengthen children's fine motor muscles to enable them to develop their pencil grip which in turn will help to develop their writing skills. involves moulding play dough in time to music and performing different actions such as rolling it into a ball, flattening it, putting each individual finger into the dough, rolling it into a sausage and squeezing it.



Roll

Roll the dough into a ball using both hands.



Poke

Poke the dough with each finger and thumb in turn to make holes in the dough. Make sure you swap hands so all fingers and thumbs are used.



Squeeze

Squeeze the dough with all the fingers and thumb using a fist grip one hand at a time.



Sausage

Roll the play dough between both hands moving backwards and forwards to make a sausage.



Pancake

Hold the play dough in one hand and push the other hand flat into the play dough. Repeat this until the dough is flatter!



Pinch

Pinch the play dough. Hold the play dough in one hand and use Tom Thumb and Peter Pointer to pinch the dough. Then swap hands and repeat.