

## Dough Gym



### What is Dough Gym?

Dough Gym involves moulding 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.

### Why do Dough Gym?

This activity 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. But most of all it's fun!

### What do you need to do a Dough Gym?

**Music** - Any song will do! Whatever makes your child want to dance!

**Dough** - You can buy pots of dough or make your own with your child. See the recipe below to help!

**A set of moves!** - These can be done in any order and you don't need to include them all!

## Recipe for play dough - uncooked

### Ingredients:

2 cups plain flour

1 cup salt

1 tablespoon oil

1 cup cold water

2 drops liquid food colouring



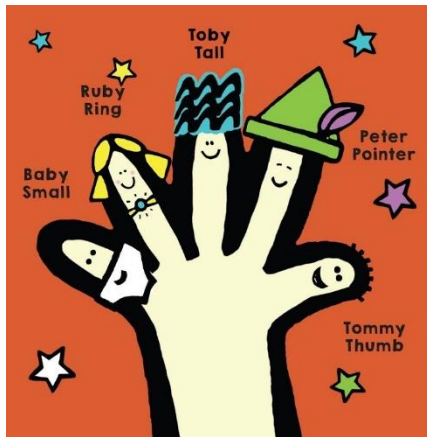
### Directions:

1. Combine plain flour and salt.
2. Add water, food colouring and oil. Mix until ingredients are combined.
3. Knead well.
4. If the consistency is too wet add a little plain flour. When desired texture is achieved, the play dough is finished, enjoy your Dough Gym!

# Dough Gym moves!

Roll the dough into a ball using both hands.

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. Extend by using names of fingers and thumb:



- Tommy Thumb
- Peter Pointer
- Toby Tall
- Ruby Ring
- Baby Small



Squeeze the dough with all the fingers and thumb using a fist grip.



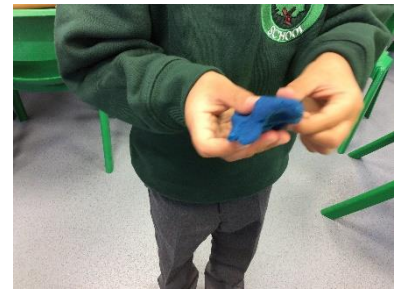
Sausage! Roll the dough between both hands moving backwards and forwards to make a sausage.



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



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



## Try it at home!

*You have nothing to lose but all to gain by doing Dough Gym at home! Your child will develop the muscles in their hands to help them with their pencil grip which will help them with their writing skills. Five minutes a day will help to give your child the skills that they need to become happy and successful writers. Give it a go and have some fun!*

Happy Dough Gym!