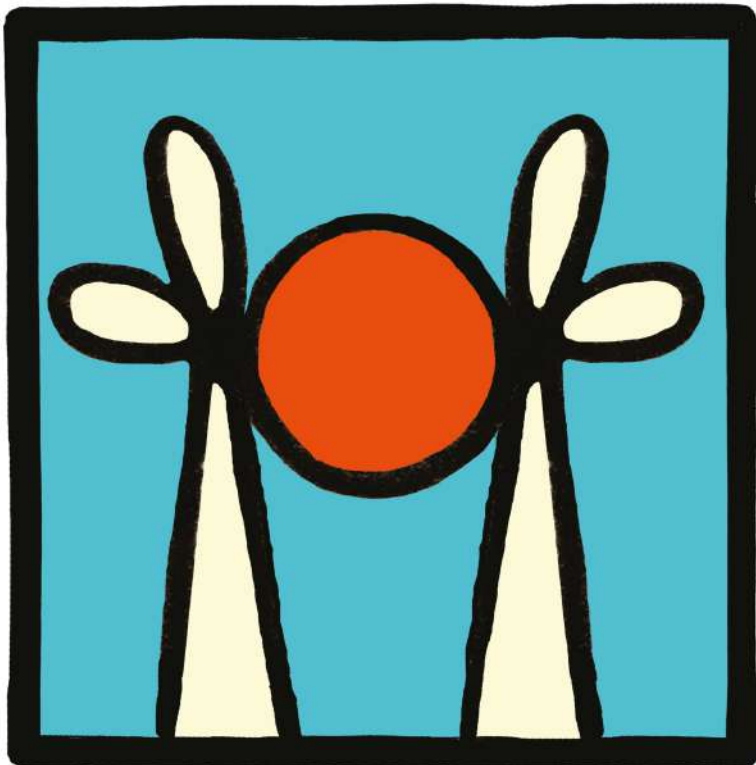
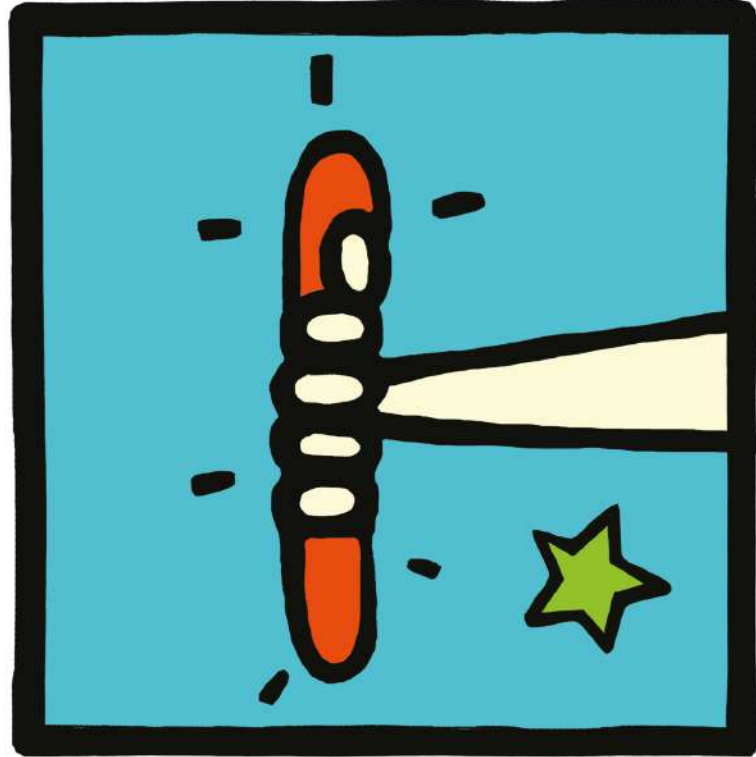


At home **Dough Disco** Week 1

Move 1

Squeeze

Warming 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 and before a ball it!



Move 2

Ball it!

Place the Disco Dough between your two palms and roll it! Keep going till 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 three. It is also essential before we dive our fingers in. The ball is essential for palm awareness.

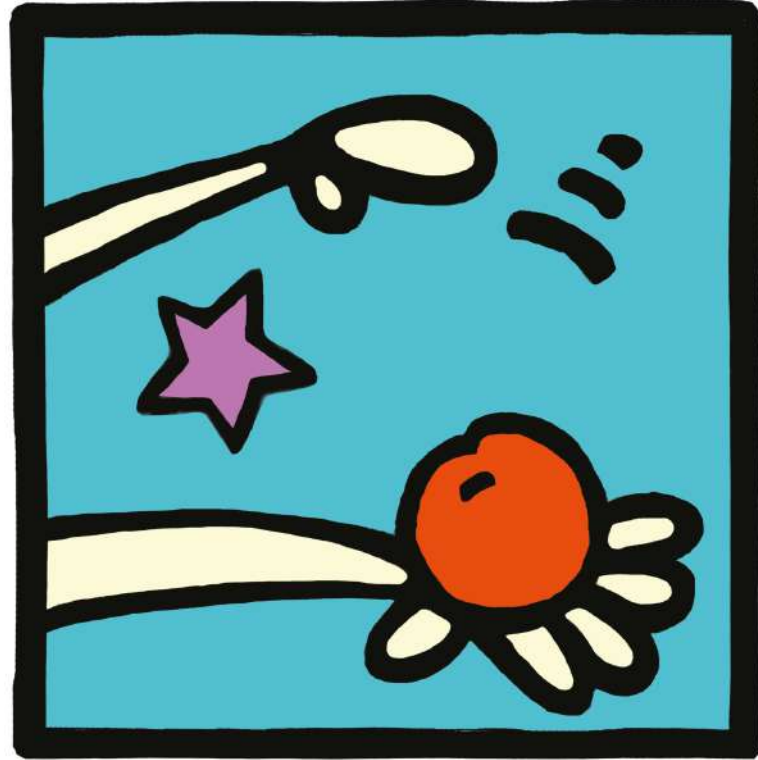


At home **Dough Disco** Week 2

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 in which the fingers can take turns at dancing on!



Move 4

Single fingers

Take each finger in turn and dance on the flattened Disco 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 over their fingers.



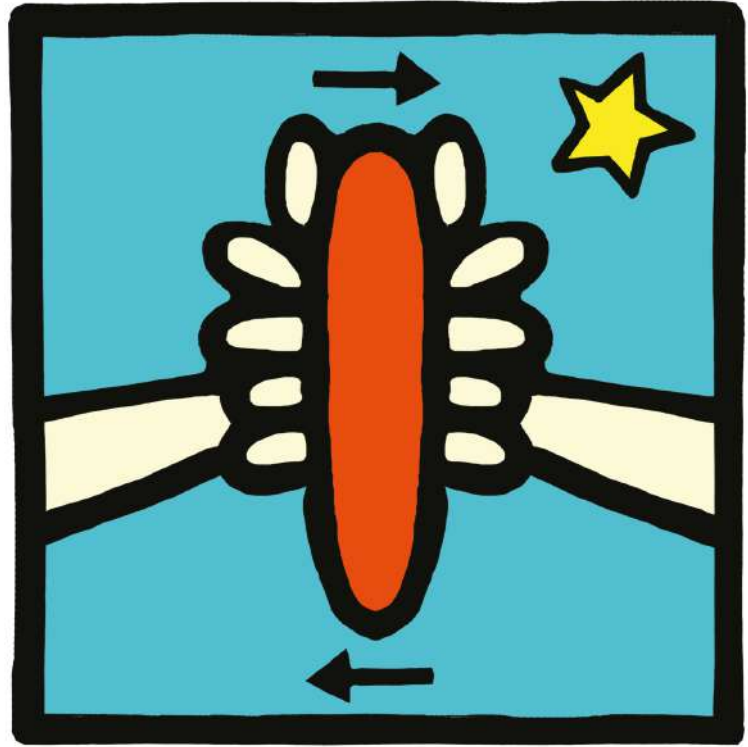
At home **Dough Disco**

Week 3

Move 5

Sausage

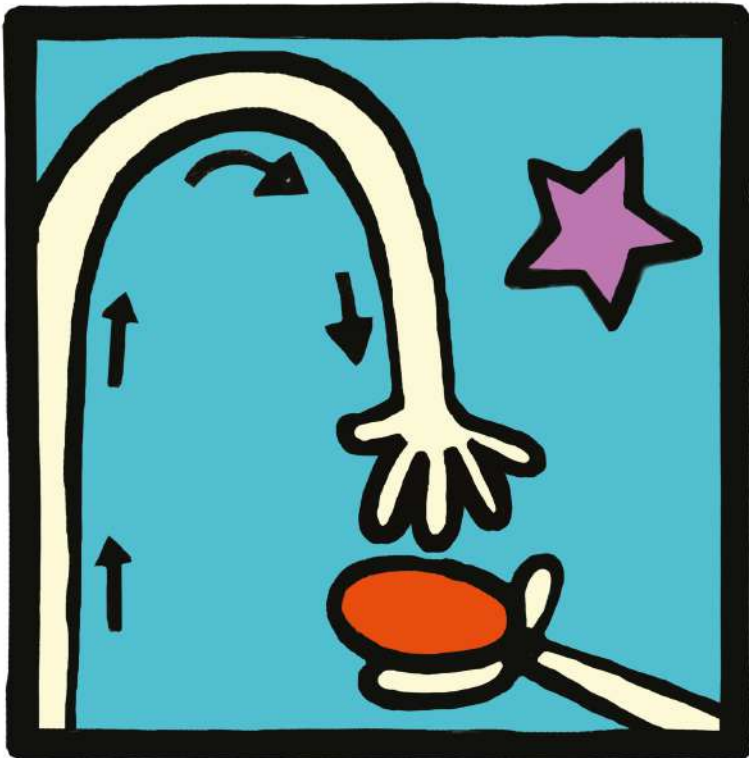
Place the dough between two palms and push the palms together tight. A rubbing action is made to lengthen the dough. See how long the children can make the sausage and then use the dough sausage to make a trumpet.



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!'. Change hands but in between give your dough a quick roll then 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:

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

2. Add food colouring to the boiling water

4. Add the glycerine (optional)

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

then into the dry ingredients (colour optional)

3. Stir continuously until it becomes a sticky combined dough

of minutes until all of stickiness has gone.

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!

