**How to Guide: Dough Disco**

1. **The** **purpose** of dough disco is to develop fine motor skills and hand-eye coordination, as well as developing the ability to use both hands independently (bilateral motor skills).
2. **Types of dough** – we explore a range of different tactile doughs including: slime, oobleck, playdough, foam, bread, cloud dough. Recipes for all are available on the internet, then we add colours, scents and textures into the dough to make it more interesting.
3. **Making dough:** Sometimes we make the dough, and sometimes it will be pre-made. When making dough, encourage your student to explore the ingredients using all their senses and get involved in measuring and mixing with spoons, cups and whisks.
4. **Exploring dough:**  Listen to the instructions on the music <https://www.youtube.com/watch?v=DrBsNhwxzgc> and have a go at rolling a sausage, tearing, squashing, pushing your finger into it, making a ball. You can also use cutters and rolling pins for appropriate doughs.
5. **Have fun!** If you show pleasure in the activity, your student is likely to respond by enjoying the session too ☺.

**Useful signs:**

  

 playdough stir look