

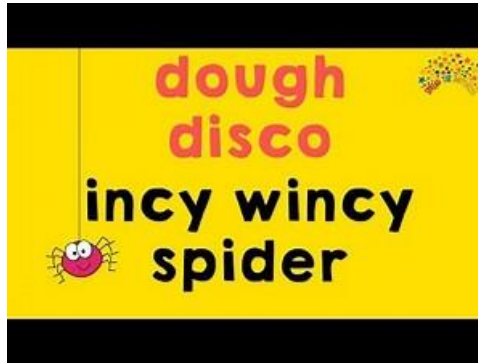
## Dough Disco

'Dough Disco' 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.

It is easy to do at home and below are links to some dough disco routines on YouTube.

<https://www.youtube.com/watch?v=KSBO8N4ctJg>

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<https://www.youtube.com/watch?v=DrBsNhwxyzgc>



<https://www.youtube.com/watch?v=1JaF0miG4e8&t=12s>



**Have Fun!**