

# Dough Disco moves to strengthen fingers

1. Share the playdough between your child and yourself
2. Put on some fun music.
3. Practise the moves one at a time, taking turns with each hand.



Squeeze!



Roll a ball



Splat!



Poke a hole



Roll a sausage



Finger dive



Walking fingers



Play the piano



Pizza pinch



Thumb squeeze



Hold your phone over the code to watch the video!

