

Dough Disco:

The first link has an explanation of Dough Disco and a recipe to make playdough if you don't have any. A brief summary is that it is an activity to improve dexterity, co-ordination and fine motor skills. I have some youtube links to get you started of good videos to complete. As an adult you should be modelling the activity and completing it with your own bit of playdough next to your child and encouraging them to join in with simple instructions ("Poke", "roll", "pat" etc.).

<http://kids1st.net/index.php/d-is-for-dough-disco/>

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

<https://www.youtube.com/watch?v=1JaF0mjG4e8>

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

Write-Dance:

<http://writedancetraining.com/about-write-dance/>

WriteDance again is about improving dexterity, co-ordination and fine motor skills as well as letter formation. The idea is that you first practice and complete the motions with a scarf or something in their hands and then mark-make that action straight after. For example making big circular motions with the scarf/item before mark-making circles with pencils/crayons/chalk etc. on a big bit of paper or patio if using chalk outside. Again you need to model and encourage your child to join in. It is not about the final product and what the marks on the paper look like, it is about the process.

Some example PowerPoints are attached.