

[Dough Disco!](#)

Many of you will be familiar with this concept. The older children have been enjoying dough disco sessions twice a week since September. You may have even joined in during a 'stay and learn' session.

Dough Disco was conceived by a lady called Shonette Bason. She has a company called 'Spread the Happiness' which you may wish to look into. Shonette has created a YouTube channel where you can join in with a Dough Disco session every day. Just pop 'Spread the Happiness' or 'Dough Disco' into the search section of YouTube. Warning! Shonette is a bit bonkers! During the lockdown she has created themed weeks.

This is a fantastic learning opportunity for your child to strengthen their finger muscles and boost their fine motor skills. It can also help with hand eye coordination, rhythm and following instructions.

Most of all have fun!

[Recipe for homemade play dough \(non cook\)](#)

Makes 1 coloured ball

Prep 10 minutes

You will need

- 8 tbsp plain flour
- 2 tbsp table salt
- 60ml warm water
- food colouring
- 1 tbsp vegetable oil

Method

1. Mix the flour and salt in a large bowl. In a separate bowl mix together the water, a few drops of food colouring and the oil.
2. Pour the coloured water into the flour mix and bring together with a spoon.
3. Dust a work surface with a little flour and turn out the dough. Knead together for a few minutes to form a smooth, pliable dough. If you want a more intense colour you can work in a few extra drops of food colouring.
4. Store in a plastic sandwich bag (squeeze out the air) in the fridge to keep it fresh.

[Recipe for homemade play dough \(cook method\)](#)

This recipe is one which I use for the nursery play dough all the time. This recipe does make a lot of dough but if kept in an air tight container lasts a long time. We recommend washing hands before playing with dough to keep it fresh for longer.

- 4 cups of plain flour
- 1 cup of salt
- 4 cups of water
- 4 tablespoons of oil
- 8 tablespoons of cream of tartar
- Food colouring

Put all of the ingredients together in a saucepan and stir together.

Stir over a low heat until it all comes together and comes away from the sides. It will start to dry out but take off heat before it is totally dry. Tip out onto a floured surface and mix with a little of the flour - watch out its hot! Once cool it is ready to play with.

