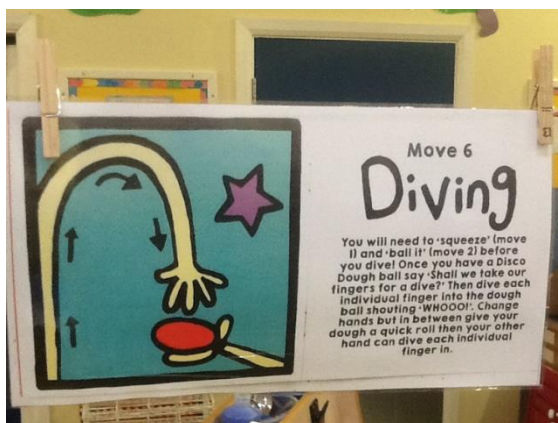
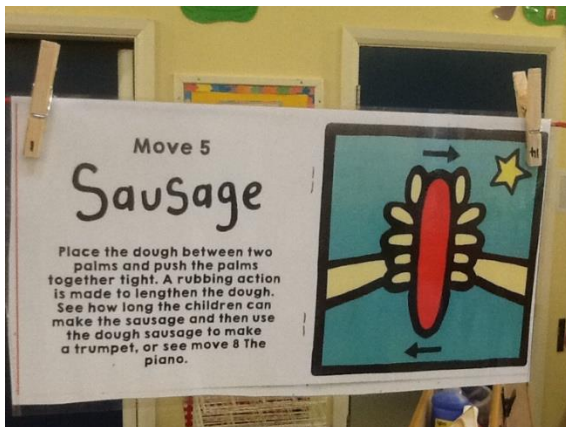
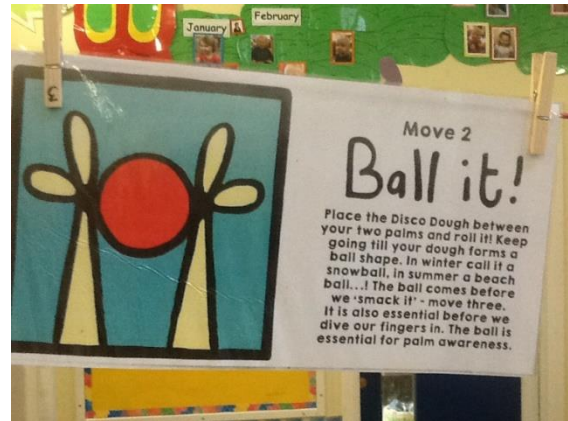
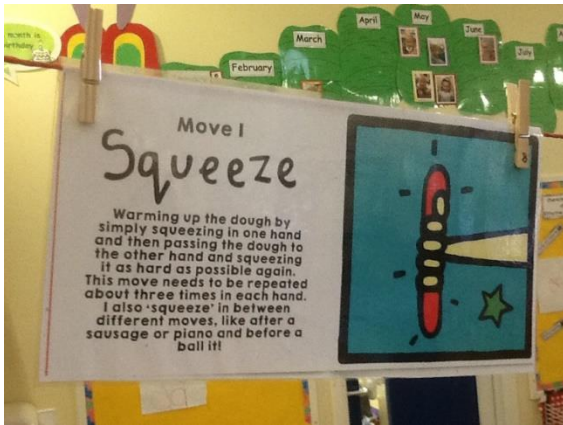


These are the main exercises included in the dough disco hand strengthening scheme. You can use the play dough in your pot to practise them.

We have also included links to dough disco videos that can be accessed via YouTube.

Enjoy!



You Tube dough disco links

Dough Disco 1

<https://www.youtube.com/watch?v=3K-CQrjIOuY>

Dough Disco 2

<https://www.youtube.com/watch?v=i-IfzeG1aC4>

If you`re happy and you know it

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

Down in the jungle

<https://www.youtube.com/watch?v=o9D5lfqZF3o>

I like to ...

<https://www.youtube.com/watch?v=BOLR3pQt8zg>

Days of the week

<https://www.youtube.com/watch?v=ovgPLvue164>