



Dough Gym Work Out Routine

Warm up – (standing throughout whole routine without using dough- standing tall, bottoms pulled in, shoulders back)

Shake hands – up high, down low, left, right.

- **Fish movements**- with hands left to right/ right to left, up and down, fast and slow.
- **Catch flies** – using pincer grip- give directions e.g. high, low, at the front, left, right.
- **Jazz hands** = from reaching high, both sides, then from middle position both sides, then from bottom to top.
- **Punching out**- up high, out front, to the left and right, fast for the count of 5.

Dough work out- (holding dough throughout)

- **Roll into a ball**- lift above the head and in and out from body and to the sides.
- **Squeeze**- arms out from the body squeeze the dough as tight as possible. With dough on the table, squeeze into the table.
- **Roll into a sausage** –roll the dough along the table to make sausage shapes
- **Nip**- pinch the dough to make little peak shapes- quick and slow.
- **Chop**- use one hand then the other to chop the dough.



Extension ideas

