



Young children delight in moving their bodies. A simple movement activity using music and scarves, can help you assess children's motor skills while they learn from you and each other.

Supplies

- ★ Music
- ★ Scarves
- ★ Ribbon
- ★ Tongue depressors
- ★ Cardboard tubes

Movement Center

Skills Learned: Large Motor Skills, Eye/Hand Coordination, Cognitive Development, Body Awareness, Strength and Flexibility, Directional Concepts (Up, Down, Over, Under, Etc.)

Directions

- 1 Gather colorful scarves and pieces of fabric or ribbon.
- 2 Tie or tape scarves or ribbons to one end of tongue depressors or cardboard tubes
- 3 Gather the children in an open area.
- 4 Begin to play music on a radio or CD player.
- 5 As they listen, ask them how their bodies might move to this music.
- 6 Instruct the children to move around the room to the sound of the music while being careful not to bump into each other.
- 7 Invite them to pick up a cardboard tube with a scarf or ribbon attached. (Do this with the children, modeling for them. Children love it when adults join in!)
- 8 Kids can march, moving all around in large or small circular motions. Remember, this is an open-ended activity. It's all about getting the children to move and explore ways in which their bodies can move.
- 9 While they are engaged in the activity, take the opportunity to observe the children to see how their physical skills are developing.

Tips For Mixed Ages:

Toddlers and up will enjoy this activity. Remind the older children to be aware of the younger ones, as they are moving around the room. At one point and depending on your group, you might suggest some different things for the children to try. (i.e.. Can you walk really tall? Can you move staying very close to the ground? Can you move gently and very slowly? etc.)

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