



HI/LOW SCARF DANCE

Materials you need:

- A selection of different coloured scarves (check the op shops to build up your collection but you could also use strips of material, crepe paper or ribbon)
- Range of fast and slow favourite music with different beats and genres
- Large space indoors or outdoors for dancing

Setup for play:

- This activity doesn't need much set up – simply put on the music and show the children how to wave their streamers or scarves around freely as they dance.
- As you dance begin to call out directions like shake up high, shake down low, shake while you turn, shake while you go slow, shake while you go fast, stop, jump etc
- Make sure to allow plenty of free dance time so the children can explore the sensory and creative aspects of dancing with the scarves without guidance.

What are they learning with this activity?

As they dance with their scarves they are learning to:

- Cross their midline and move in different directions
- Coordinate, strengthen and balance their large muscles
- Use descriptive language and become independent communicators
- Listen to and follow directions
- Use hand/eye coordination skills and demonstrate spatial awareness
- Understand position concepts like up, down, behind, to the side, in front
- Express themselves creatively through music and movement

Extending the play:

- Introduce some different movements using the scarves – scrunch into balls then throw up in the air and watch them open and unfurl as they drop to the ground. Put them on your heads like veils to dance with.
- Use the scarves like wings and move like birds around the room flapping wings, swooping, gliding, walking, hopping.

