

Active ideas and games



Using scarves and ribbons

Keep this list where your scarves and ribbons are stored so you will always have some quick ideas. Always consider children's safety.



Encourage each child to dance with a ribbon to different types of music. Try music both fast and slow in tempo.



Lay three scarves on the ground in a row, about five metres apart, parallel to each other. Pretend the scarves are crocodiles for children to leap over.



Teach direction to children. Show the children up, down, left and right movements with a scarf.



Get children to toss a scarf into the air with one hand and try to catch it with their other hand.



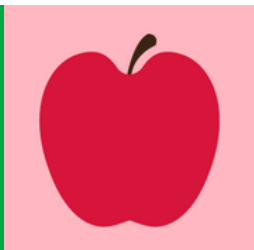
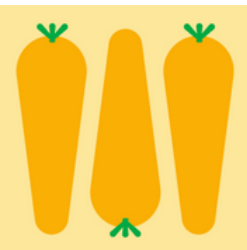
Wriggle a scarf on the ground and pretend it is a river for children to jump over.



Play Tug-of-War with a scarf.



Get children to hold a ribbon in each hand as a reminder to keep arms bent and lifted to waist level while galloping, hopping and running.



Munch & Move





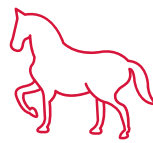
Use a scarf or ribbon to play limbo.



Divide children into two groups. Give half the children a ribbon to tuck in at the waist so the ribbon flaps as they run. Encourage the other children to chase and try to catch the ribbons.



Play Simon Says using two ribbons. The leader tells and performs instructions that must be followed but only if the instructions include the words "Simon says". The leader holds a ribbon in each hand to accentuate the actions.



Play horse galloping. Divide children into pairs. One child plays the horse and the other child plays the jockey. Use a scarf as a lasso around the waist of the child playing the horse, children gallop together at the same time. Skipping ropes could be used instead of scarves.



Use a scarf during upper body warm ups. This could include wrist rotations; wheels (circling the scarf at your side); windmills (circling the scarf in front); star jumps; helicopter (circling scarf overhead); or by swinging the scarf in a figure eight or in the shape of an X.



Have children spell their name or write the alphabet in the air or on the ground using a scarf.



Play three-legged races.

