



## 1 || Scarf Basics

Initially, lead kids in learning movement concepts by waving their scarves at low level (below knees), medium level (at waist), and high level (overhead). Have kids take turns leading the group by waving the scarves in the above mentioned positions. Then, challenge kids to come up with their own creative positions, such as waving the scarf in front of, behind, between legs, and to the sides.

## 2 || Tossing Activities

Try tossing activities by showing kids how to toss the scarf overhead and visually track it as it floats to the ground. Next, introduce a two-handed catch as children become familiar with how slowly the scarf will fall. Make things even more challenging by introducing:

- tossing with one hand and catching with the other
- tossing and clapping before catching
- twirling around and catching the scarf before it hits the ground
- tossing and catching the scarf with different body parts (head, elbow, and foot)

## 3 || Skywriting

Scarves can also be used for skywriting: writing letters in the air using the muscles of the upper arm and shoulder (much like working on a vertical surface). Kids can use their scarves to skywrite the first letter of their name, their entire name, or familiar words.

## 4 || Let's Go Fishing!

While standing in a circle, have everyone hold their scarves with two hands and pretend they are fishing poles. Say: "Here fishy, fishy, fishy" and lift up our scarves pretending to catch something. The adult leader asks each child, "What did you catch?" Children take turns answering and showing off their catch. ("I caught a shark", "I caught a minnow", "I caught an old boot")