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WEIGHT LOSS, ENERGY, WELLNESS, EXERCISE PERFORMANCE

# get moving

## Scarf dancing



Here's one we love to do at The Little Gym, and it's easy to duplicate at home. It encourages creative movement, rhythm, physical activity, and body part name recognition.

» Scarves that are small with free flowing fabric works best. If you don't have scarves, your local thrift store is a great place to find them. You will need one scarf for every child.

» Play many different types of music. Have the children move their scarves to the beat of the music. Talk about the music, "is the music fast, slow, happy, sad;" "put the scarf on your nose, toes, elbow, head;" etc.

» You can also put the scarf on body parts and have the children call out the names of body parts.

Have fun and get moving!



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541-753-0950 • [TheLittleGym.com/CorvallisOR](http://TheLittleGym.com/CorvallisOR)

*"I take both of my children to The Little Gym and they are both absolutely in love with them. I hear about the teachers all the way home."*

~ Carla Ruby



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