

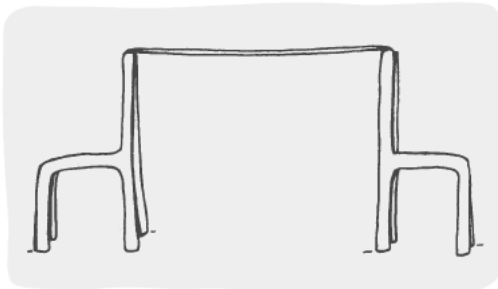
## Limbo

1 or more players

**Equipment:** 2 chairs, masking tape or string

**Procedure:** Make a limbo "pole" by placing 2 chairs about 4 feet apart and back-to-back. Next, attach tape or string across the top of each chair. Have your child pass underneath the pole doing the "limbo." Lower the tape or string for each round.

**Variation:** If you have 3 or more people playing, you can also use a jump rope, having 2 people hold the ends while the other person passes under the rope. Children can listen to music and dance while they play.



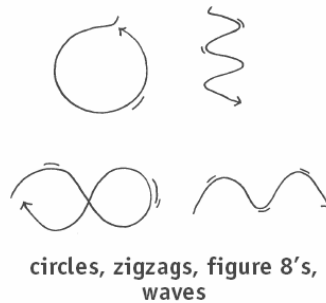
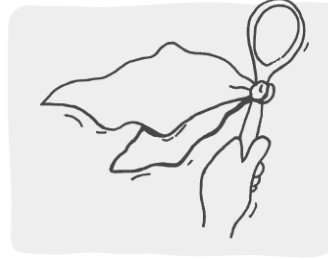
## Scarves and Ribbons

1 or more players

**Equipment:**

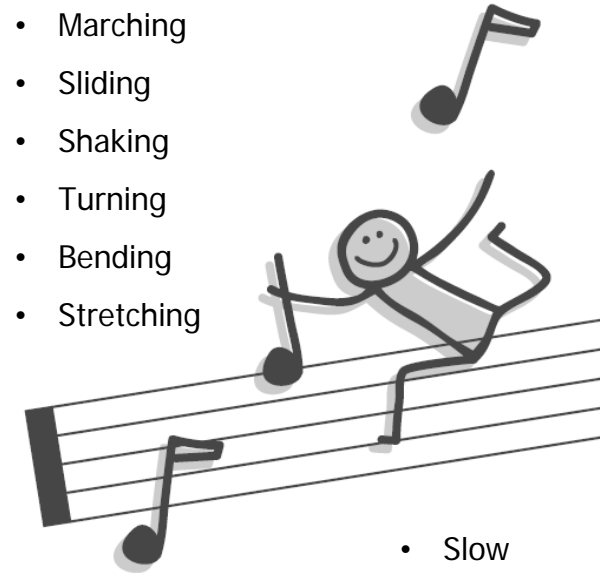
For each player—scarves or ribbons that can be held in your child's hand or tied to a wooden spoon.

**Procedure:** Move around with scarves or ribbons. Vary movements from slow and gentle to quick and lively. Move with just one scarf or with several. Try making circles, zigzags, figure 8's and waves with the scarves. If you have a portable radio or tape player, try moving to different types of music.



## Rhythmic Movement & Balance

- Dancing
- Shuffling
- Twisting
- Marching
- Sliding
- Shaking
- Turning
- Bending
- Stretching



- Slow
- Medium
- Fast

Bloomington Public Health - 952-563-8900  
Adapted from Fit WIC Activities  
Vermont Department of Health

Funding provided by:  
UCare and AFHKMN

## Freeze Dancing

*2 or more players*

**Equipment:** music

**Procedure:** Put on some music or make your own, and let your child dance. Explain to your child that when you stop the music, everyone freezes. Start dancing when the music comes on again. If you have a portable tape player or radio, play outside.

## Tight Ropes

*1 or more players*

**Equipment:** sidewalk chalk or masking tape

**Procedure:** Make a straight line with chalk on a safe sidewalk or driveway or in the dirt using a stick. Have your child walk along the line as if he is on a tight rope or balance beam. Let him try walking forwards, backwards and sideways along the tight rope, or hop on and off. Inside, make a line using masking tape on the floor.

**Variation:** "Balance Trail"—*Instead of a straight line, make a trail or path with some twists, turns and corners. Draw brooks to cross, logs to jump on and so on. Have your child follow the winding path.*

## Moving to Music

A variety of cassette tapes and CD's have traditional songs for children with movements. You can teach your child the movements if you know them, or you and your child can make up your own. For example:

### "Skip to My Lou"

Show your child how to skip around, pretend to fly for "Flies in the buttermilk..." etc.

### "Ring-Around-the-Rosy"

Join hands with your child, circle around, and then fall down.

### "Ten in the Bed"

Show your child how to roll on the ground or floor for "Roll over, roll over."

### "Wheels on the Bus"

Show your child how to circle his arms for the wheels going around; jump up and down for the people going up and down; move her arms back and forth for the wipers going swish; walk or run backwards to move on back, etc.

### "Head, Shoulders, Knees & Toes"

Have your child touch his head, shoulders, knees, toes, etc. whenever he hears those words. Let him follow your movements if he needs help.

### "The Ants Go Marching"

Have your child march around. Create movements your child can follow to go with the words: pretend to climb a tree, pick up sticks, or stomp feet for "Boom, Boom, Boom."

## Hula Twist

*1 or more players*

**Equipment:** large plastic hoop for each player (to make your own, see "Play Everyday!")

**Procedure:** Let your child spin the hoop around her waist—try it fast, try it slow. Try it high, try it low! Try it to music! Try it in the yard, in the house!

## Mirror Me

*2 or more players, best with an even number of people*

**Procedure:** Face one another. As one person moves, the other person does the same as if they are a mirror image.

## Marching Band

*1 or more players*

**Equipment:** containers with lids, dried beans, spoons, pots and pans, rubber bands

**Procedure:** Make some instruments using dried beans in a closed container to shake, spoons to bang on pots, rubber bands to stretch over open containers and twang. Let each child have her own instrument. March around the neighborhood or in the house.