

# SCARF PLAY!

Scarf play holds fascination for children of all ages. The novelty of the item is exciting as well as challenging. Scarf play helps with hand-eye coordination. For younger children, the ability to track a moving object transfers to many games and sports. Make sure your scarves are light-weight (although inexpensive paper napkins or Tulle works very well too). Use caution since scarves can be very slippery if stepped on.



## SCARF ACTIVITIES

### How to Play:

1. Practice school readiness skills. Identify colors, match scarves to same colors, make various shapes with the scarf, etc.
2. Use your imagination to pretend with the scarf. It can be a kite, a cloud in the sky, a beautiful tail on a horse, a butterfly wing, etc. Act it out, move your feet around the play area, and be creative!
3. Continue to move creatively and use concepts like: right, left, high, low, out, in, up, down, etc.
4. Pick your favorite song and move the scarf to the beat. Use different music for a variety of exploration.
5. Practice tossing and catching with a scarf. Lay the scarf on the palm of one hand, with the thumb and pointer finger of the other hand, pinch the scarf in the middle and lift it off the palm. Now give it a flick into the air and catch it. Keep palms facing out when catching. Toss and catch with one hand, alternate hands, clap once or twice before a catch. For a challenge, try toss-spin around-catch.
6. Toss the scarf and watch it land on different body parts (back of hand, head, foot, back, etc.)
7. Pretend to be a magician. Hide the scarf in the palm of your hand and then say, "Abracadabra" as you toss the scarf into the air. For real magic, toss it into the air and catch it behind your back!
8. Place the scarf over your face and blow the scarf off, then catch it.
9. Try tossing and catching with a partner or a small group. This can be tricky!
10. Create something new to do!

# ROPE PLAY!

Rope play has a multitude of uses for people of all ages and can be a great cardiovascular workout. For children, you can integrate school readiness concepts very easily. Spelling words can be practiced, math problems solved, and sing fun childhood chants while jumping rope. Preschool-aged children can practice flat rope exploration (ropes on the floor), whereas older children can develop jump roping skills and tricks. It is recommended that young children use a seven foot section of nylon rope (laundry rope, yarn, string) for flat rope play.



## FLAT ROPE EXPLORATION

### How to Play:

1. Practice making shapes with the rope on the floor. Make geometric shapes (circle, square, triangle, etc.), fruit or vegetable shapes, simple drawings like a boat or a flower or a house. Use your imagination!
2. Write your name with the rope. Practice writing letters and simple words with the rope. Try to write a few words that rhyme (i.e., bat, cat, hat).
3. Write some numbers. Add or subtract simple math equations. For older children try multiplication or division problems.
4. Make a pattern with the ropes, make it simple for young children or complex for older ones. Example: circle, square, circle, square, etc.
5. Ropes can be used to draw body parts (hand, arm, foot, toes, etc.). If you have several ropes or a small group, work together and create a giant body.
6. Make Rope Lines. Using several ropes, lay them in parallel lines 6-8 inches apart. Then have a Conga Line as individuals walk sideways over each line crossing each foot over each other. Increase the speed and the rhythm for tons of fun!

