

Ribbon Dance

This is suitable for all ages.

You can use ribbons or resources you already have but if children make their own this will support both gross and fine motor development.

To make your own use:

Curling ribbon

large elastic bands

Scissors

Cut long strips of curling ribbon (various colours)

Fold 3 or 4 ribbons in half and attach to an elastic band (make sure the elastic band fits loosely on child's wrist)

Encourage children to move around the space while moving their arms.

Encourage them to move their arms:

- Forwards and backwards,
- In and out
- Side to side
- Around in circles backwards
- Around in circles forwards

Benefits

This supports development of shoulder muscles, fine and gross motor skills, coordination and spatial/body awareness.



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