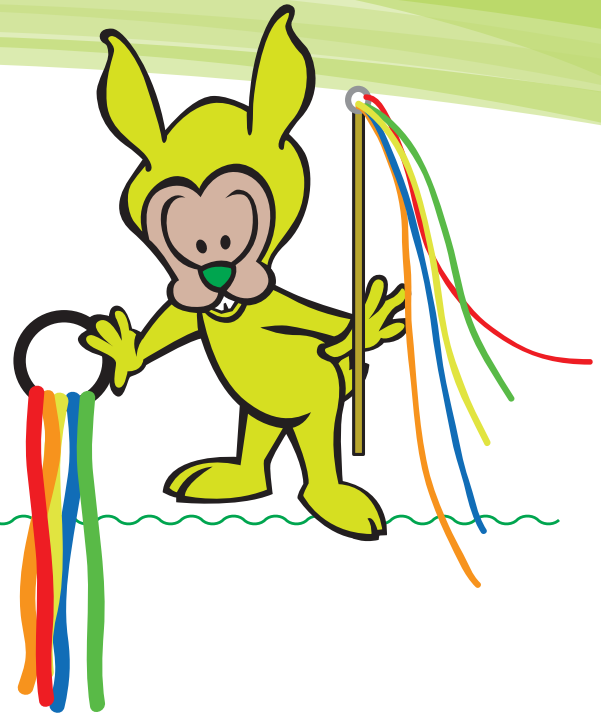


25 Activities with Ribbons



1. Have a **dance party**
2. **Draw numbers** in the air
3. **Balance it** on different body parts
4. Play **catch** with it
5. Have a **movement parade**
6. **Run around** and see how the ribbons move in the wind
7. Use the ribbon ring as the tail of a **galloping horse**
8. **Hold** one in each hand and pretend you are a majestic phoenix flying high in the sky
9. **Draw letters** in the air
10. **Spin** around in circles to see what happens to the ribbons
11. **Jump** up and down and watch the ribbons move
12. Play **“Follow the Leader”**
13. Use the wand and rings as **magic tools**
14. **Throw** the wands at a target
15. Have a ribbon wand **relay race**
16. Use the wand as an elephant trunk and **pretend** to be an elephant
17. Use the wand as a **conductor’s baton**
18. Use them for active **story time**
19. **Tickle** an infant’s feet and hands with the ribbons
20. Incorporate the wand/rings into classroom **yoga**
21. **Make** a swirling tornado with the wands/rings
22. **Pretend** you are a kite/windsock moving in the wind
23. **Sing** and do the motions for “Head, Shoulders, Knees, and Toes” while holding a ribbon wand/ribbon ring
24. **Toss** it up and catch with the same hand, with both hands, or with alternating hands
25. **Shake** the ribbon wand/ring at different levels (high, medium, and low) and speeds (fast, medium, or slow)



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Ribbon Wands and Rings

Ribbon rings and wands help students work on range of motion, eye-tracking, balance and creative socialization.

More specifically, for **infants**, ribbon rings encourage:

- reaching
- grasping
- pulling
- visual tracking
- rolling over
- twisting and turning
- creeping and crawling

Safety

- Children should be supervised while playing with ribbon wands and rings
- Remember to limit the length of the ribbons to avoid a strangulation hazard
- If children place ribbons in their mouths, the piece must be washed
- If the wooden wand begins to splinter or the ribbons begin to fray, repair or replace the toy
- Be aware that ribbons could possibly come off the wand/ring, if so, remove it from play
- Have conversation with the children about the appropriate and inappropriate use of the wands and rings

For older children, **toddlers and preschoolers**, ribbon wands encourage:

- locomotor movements, such as walking, running and skipping
- manipulative movements such as tossing at a target, tossing and catching with others, as well as tossing to oneself
- non-locomotor movements like twisting, turning, balancing, jumping and landing

When using ribbons or scarves it is important to find ways to modify the intended skills discussed above. Various movement concepts such as spatial awareness (location, directions, levels, pathways, and extensions), effort awareness (time, force, flow), and relationship awareness (body parts, objects, people) along with crossing the midline of the body will encourage and enhance movement.

How to make Ribbon Rings (Infants/Toddlers)

Materials

- 3 inch rings (wooden rings, small child's bracelet or shower curtain rings)
- Ribbons of various colors measuring less than 36 inches long and ¼ wide
- Scissors

Directions

1. Tie ribbons one at a time onto the ring, making sure that they are tied at the halfway point of the ribbon. Each ribbon hanging should be **less than 18 inches long**.
2. Continue tying 5 or 6 more ribbons to the ring until you have anywhere from 10-14 pieces of ribbon hanging from the ring.

How to make Ribbon Wands (Preschoolers)

Materials

- Dowel rods, tongue depressors, or sticks
- Ribbons of various colors **measuring less than 18 inches long and ¼ wide**
 - If using tape, cut ribbons in sections **less than 18 inches long**
- Scissors
- Eyehooks, tape, or glue

Directions

1. Adhere the ribbon using:
 - a. **Eyehooks:** Screw eyehooks in to one end of the dowel. Then attach ribbons by threading 4-5 ribbons through the eyehook and tying a knot at the center of the ribbon around the hook. Be sure the length of the ribbons are **no more than 18 inches**.
 - b. **Tape:** On the sticky side of the tape, place the ribbons on one side of the tape in whatever order you would like. Ribbons should be laid side by side, not touching or on top of each other. Then lay the wand at the end of the piece of tape and roll the tape around the wand.
 - c. **Glue:** Put glue at the top of the wand and glue the end of each ribbon onto the wand. Ribbons should be lined up without touching.
 - d. **Knots:** Tie the ribbon around the wand using a secure knot. If the knots are not tight and are able to move, add a few drops of glue to prevent the ribbons from moving or sliding off the dowel.