

CREATIVE MOVEMENT FOR CHILDREN

EASILY AVAILABLE PROPS AND MATERIALS

Here are just a few of the endless possibilities, let your imagination go crazy!

EASY TO FIND OR MAKE PROPS/MATERIALS

- Chopsticks = Rhythm sticks
- Crepe Paper = Pompoms, streamers, multi-strand tassels
- Feathers/Balloons = Blow, toss and catch, dance with, stroke body parts gently, carry on head/back of hand/between knees, etc.
- Hats = Jump over one or more, go around, "Musical Hats", wear with personality (one or more), etc.
- King Size Sheet = Use parachutes in every possible way: to go around, go on, go under, jump on and off, walk with one foot on and one foot off, etc.
- Paper Plates = Balance and stack on head
- Ribbon = Jump over, walk and crawl under
- Scarves = Dance with, toss/catch, catch on/with various body parts, "paint" the air, run through, cover over, lie on, etc.
- Shoe Boxes = Jump over, slalom around
- Foam Carpet Liner or Old Yoga Mats = Cut in Squares or Shapes to create pathways or spots to step on, jump on, jump over, sit on, define areas, etc.
- Moving Size or Larger Cardboard Box (Square or Rectangle) = Crawl through, hold upright and "drive" like car or train
- Plastic Easter Eggs filled with Seeds/Beans (glued shut) = Rhythm shakers
- Thin Ribbons tied to Empty Masking Tape Roll = Multi-strand tassels with durable handle
- Waistband Elastic or Sliced-up Stretchy Fabric Skirt = 1. Tie elastic or slice skirt horizontally in rings like calamari; 2. stretch between hands and feet to play with stretch, shape, and even geometry lessons; 3 use in pairs, chain pairs together like train, etc.

PLACES TO FIND/BUY MATERIALS

- ChinaTown: Inexpensive, colored plastic chopsticks, inexpensive fabric
- Garment District: near Kendall Square - garment-district.com
- Home Depot: Foam carpet liner, various colors, cut with scissors The Home Depot
- Decorations and knick-knacks left after birthday parties, weddings, etc.
- Your closets, attic and storage areas!