

Ann's Creative Corner

Project #385: Wiggly Ribbons!

- Create a circle with a pipe cleaner and secure it together by twisting the ends together.
- Using Plastic fluorescent Flag Type plastic strips (purchase at Home Depot in a roll) or ribbons, attached to the pipe Cleaner Circle by tying them or by folding and looping the folded ribbon over and under the circle.
- Use various colours and textures of ribbons or plastic strips.
- Use various colours of pipe cleaners.
- Use many strips or just a couple.....

Activity: Dance with the Wiggly Ribbons!

0-6 Yrs Happy Healthy Beginnings - Module 1

Wiggly Ribbons



Equipment: Canning ring with a 3 to 9 foot ribbon tied to it (one per participant)

Activity
Activity 1: Provide the wiggly ribbons to each participant. Ask them to practice different patterns (e.g. figure 8, waves, spiral, circle). Show participants how to use the whole arm, lower arm (from the elbow) or just the wrist to make the ribbon move. Ask participants to try to use their other hand.

Activity 2: Play Simon says with the wiggly ribbons.

Activity 3: Divide participants into pairs. Have one participant be the leader; the other participant must copy the leader's movements like a reflection.

Notes Discuss with participants how fun and creative physical activity can be.	Planning and Reflection
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