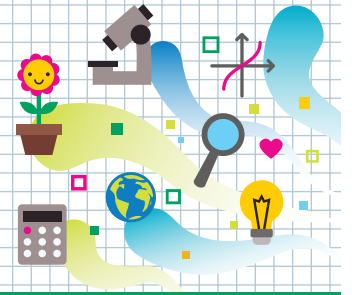




HEADS IN, HEARTS IN

Streamer Dance

Instructions for Set-Up



Supplies

- “Guide for Families” handout
- Clear plastic standup display (optional)
- Crepe paper streamers in a variety of colors (6–8 options of colors)
- Display table
- Music (optional)

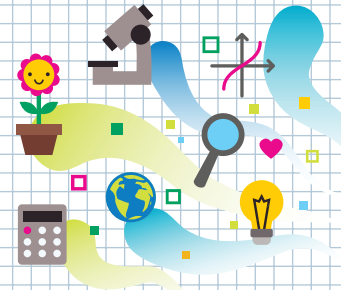
Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Cut or tear streamers to be about 3 to 4 feet long.
- ▶ Place them on the table so that participants can easily pick them up.
- ▶ If you supply music, set up whatever you use to provide it (such as a computer).





HEADS IN, HEARTS IN



Streamer Dance Guide for Families

Learning Objectives

What you need to know:

Movement is important for everyone. Being physically active not only burns calories, but also helps to boost imagination, social skills, brain function and coordination. Families can be creative with the way they move and have fun with their kids. Streamers are a great tool to encourage movement for the entire family!

What you will do and learn:

You will use streamers to see how easy and fun movement can be.

Instructions

1. Choose one streamer from the table. Dance and use it to make a variety of creative movements. Ideas for creative movement:
 - Write your name.
 - Make shapes such as a circle, a square and a triangle.
 - Make small movements and then big movements.
 - Create slow motion movements and then fast movements.
 - Make your own kind of whacky movement.
2. If music is provided, use the streamers to dance to the various types of music that are played.
3. Be creative and try to come up with additional movements you can do using your streamer.
4. Take the streamer home. Continue to do a variety of creative movements with it. Also, look for other items at home that you can use to do creative movements.