

# Balloon Dance

## Materials

---

Balloon for each child  
Music  
Large open space

## What to do

---

1. Give each child a balloon.
2. Play music and encourage the children to try to keep their balloons from touching the ground using their heads, hands, knees, and feet.

## More to do

---

Play balloon volleyball.

 Sandy L. Scott, Vancouver, WA

# Scarf Dancing

## Materials

---

Plastic shower curtain rings  
Old nylon scarves and/or large ribbons, cut into 3' (1 m) lengths  
Hot glue gun, optional (adults only)  
Music

## What to do

---

1. Attach scarves or ribbons to shower curtain rings using a hot glue gun (adult only) or by tying knots securely. (Use one ribbon or scarf per ring.)
2. Turn on the music and dance! This is a great activity to do outside.

## More to do

---

Purchase some old flowing skirts at a second-hand store. Children like the feeling of twirling in such skirts!

## Related books

---

*Barn Dance* by John Archambault

*Color Dance* by Ann Jonas

## Songs

---

Music for Little People has some very good collections of music:

“A Child’s Celebration of Rock and Roll”

“A Child’s Celebration of Dance Music”

Putumayo’s “World Playground” is also very good.

 Linda Ford, Sacramento, CA

# Streamers

## Materials

---

Dowel rods, 24” (60 cm) in length

Sandpaper

Tulle

Scissors

Pencil cap erasers

## What to do

---

1. Lightly sand the cut ends of the dowel rods.
2. Cut tulle into 6” x 24” (15 cm x 60 cm) strips.
3. Twist one end of a piece of tulle and fold it over the tip of the dowel.
4. Attach the tulle to the dowel with a pencil cap eraser.
5. Play music and model moving the streamer with the flow of the music.

Note: These streamers are safe and inexpensive.

## More to do

---

Use a variety of styles and tempos.

## Related book

---

*Color Dance* by Ann Jonas

 Charlene Woodham Peace, Semmes, AL