



## Rainbow Scarves

Pre-K Standards:

Physical Development: 1.PK.1, 2.PK.1, 2.PK.2, 3.PK.1, 4.PK.1, 4.PK.1

Language/Listening: 7.PK.1b

Social Studies/Geography: G5.PK.1



### Instructions:

1. Move your scarf:
  - Up high/down low
  - Really fast/in slow motion
  - Wave the scarf to each side
  - Wave the scarf in front/behind
  - Jump up high with the scarf
  - Step forward/backward/right/ left side
  - March in place waving the scarf

**Variation:** Add music

### Skills:

- Large gross motor movement
- Light cardio