Rainbow Ribbons
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:
Use your whole body and move...

- Move the ribbon up high!
- Move the ribbon down low!
- Move the ribbon out to one side with one hand!
- Move the ribbon to the other side, across your body!
- Step to the side with the ribbon!
- Step forward with the ribbon!
- Step back with the ribbon!
- Shake the ribbon behind you (no peeking)!
- Shake the ribbon in front of you!
- Jump high with the ribbon!
- Move the ribbon really fast!
- Move the ribbon in slow motion!

Variation: Add music

Skills:
- Large gross motor movement
- Light cardio

Reference: University of Nevada Reno Cooperative Extension. All 4 Kids Curriculum Lesson 3