



## 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