



Move and Play with Your Child!

Active play is important for the healthy growth of young children. A love for activity is one of the most important gifts that parents and child care providers can give to children.

During the past few weeks, your child has been using scarves in child care. Today we are sending home two scarves as a gift to you—something you and your child can use to move and have fun together!

Scarves are fun to play with. They're easier to catch than a ball. They don't bounce or roll away. And they're so pretty when they float through the air!

Take the scarves from the bag. Give a scarf to your child and use a scarf yourself. Then turn this card over and try some movements with your child. Move and Have Fun!

Moving Kids are Learning Kids



Let's Move, Learn, and Have Fun Together!

Get out the scarves and try these movements with your child—



- Throw scarf in air and catch down.*
- Throw scarf in air, touch knee, and catch down.*
- Throw scarf in air and catch on your elbow.*
- Throw scarf in air and catch on your foot.*
- Throw scarf in air, shake your hips, catch down.*
- Throw scarf in air, do something silly, catch down.*

Catch on these body parts:

- ☞ Nose
- ☞ Head
- ☞ Elbow
- ☞ Chest
- ☞ Tummy



Sing a fun song such as "Hokey Pokey" and shake a scarf. Try this version:

- You put your right hand in, (shake scarf in front),*
- You put your right hand out, (shake scarf behind)*
- You put your right hand in and you shake it all about (shake scarf right to left in front)*
- You do the hokey pokey and you turn yourself around (swirl scarf overhead while turning in circle)*
- That's what it's all about (toss scarf in the air and catch it with other hand)*
- (Repeat with the left hand)*



Take turns with your child, playing "Follow the Leader." Each of you can take turns deciding what "moves" to do with your scarves. Use some music from the radio to add to your fun!