

Spring Reflections

Submitted by Jessica Dillon of Center for the Disabled on May 07, 2004

Size: 1-8

Equipment: Scarves or ribbons on sticks, taped background music (such as classical music), and your creativity!

Objective: To increase overall body awareness, gross motor skills, and self expression.

Description: ***This is an activity that was used successfully with disabled adults.***

Begin this activity by having the group wave/move their scarves or ribbons all around their bodies, such as over head, behind or in front of the body, to the side, and (bending) to the floor, as a warm-up. (2 min.)

Ask the group to think about what happens during the spring time. Mention the weather (sunshine, rain, wind), and growth (plants/flowers). Suggest that you would like to try to express these changes through movement with your scarf or ribbon sticks. (2 min.)

Start with sunshine as you direct each person to wave their scarves in an arch overhead, side to side. Repeat.

Transition to wind, waving your scarf wildly in big, gusting movements all over and around your body. Repeat.

Add rain by starting up high and 'sprinkling' your way to the floor. Repeat. Try light and heavy rain.

Finish with plants 'sprouting' up out of the ground. Try little ones (short)like grass or clover, and then really tall ones, like sun flowers, that seem to 'jump' into the air as they grow.

For more fun, after going through these in practice, sequence the movements into one flowing movement (performing each only once and then moving directly to the next), or ask the group to lead you through the moves without speaking (prompting).

At the end of the group, be sure to ask the group what other things they think about when remembering spring. Put those thoughts into motion and have the group mirror each individual's contribution.