



Activity Time

Hands-on and engaging learning experiences for younger learners

Gymnastica Fantastica

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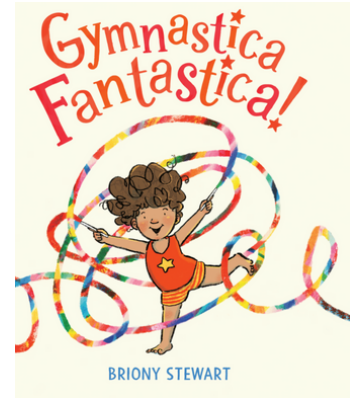
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Storyteller: Megan Waters

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Themes: Performance, Show, Movement, Creativity, Colours, Music, Rhythm

Activity age: Early Years, Lower Primary



Rainbow Ribbon Fun

You will need:

- bamboo stick (about 30cm)
- ribbons or fabric cut into strips
- Optional: Markers, stickers, washi tape

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1. Cut different coloured ribbons into lengths of around 20-30cm.

2. Tie them to the end of your stick, tightly.

3. If you would like to decorate your stick, you can use markers to make patterns on it, stickers, washi tape etc.

4. Are you ready to put on some music and enjoy moving your ribbon stick around in different ways? Can you:

- make wavy patterns
- make circles
- turn around and twirl it
- make spiral patterns
- wave it above your head
- wave it behind you
- think of your own special movement?

