Scarf Activities

Presented by:
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1) **Toss and Introduce** – Each participant receives one scarf. Activity begins with children walking and tossing the scarf with their dominate hand in a designated area. When they meet another participant they toss their scarves in the air simultaneously 3 times. On the first toss, one person says their name (i.e. "My name is _____"), on the second toss the other person says their name, and on the third toss they grab the other person's scarf and then look to find another participant to repeat the process. The goal is to talk to someone different every time – hoping to introduce yourself to everyone in the group at least once.
2) **Partner Toss Shoulder** – Find a partner – "toe to toe". Position the partners by having left shoulders touching. One person put a scarf in their pocket, so the partners are using one scarf between the two of them. Begin activity by tossing the scarf over head to partner while continuing to keep the left shoulders touching.
3) **Partner Toss Opposite Shoulder** – Find a different partner – "toe to toe". Position the partners by having right shoulders touching. One person put a scarf in their pocket, so the partners are using one scarf between them. Begin activity by tossing the scarf over head to partner while continuing to keep the right shoulders touching.
4) **Partner Toss Backwards** – Find a different partner – "toe to toe". Position the partners by having their backs against each other. One person put a scarf in their pocket, so the other partners are using one scarf between them. Begin activity by tossing the scarf over head to partner while continuing to keep backs against each other.
5) **Ball Toss** – Put the scarves down for now. Everyone get in one big circle, with one ball (any ball will do). Instructor will start. Will toss ball to someone and that person says' their name, how old they are, and one thing they like to do. The instructor can start first, and then passes it to someone. The goal is for all participants in the circle to have a turn to say their name, etc…

Pinch scarf - Transfer the scarf quickly between hands, ("hot potato"). Start with scarf waist high, move down by ankles, and then up above the head. Right hand only and then left hand only.
Around body - Stand straight, feet together. Transfer scarf around waist. Reverse direction.
Around knees - Stand with legs and knees together and bend over and rotate scarf around knees. Reverse direction.
Around head - Stand straight feet together and transfer ball around head. Reverse direction.
Waist/Knees – Put together – once around knees and once around waist, repeat. Reverse direction.
All three together - Once around knees, once around waist and once around head without hesitating. Repeat and reverse direction.

Single leg circle - Circle scarf around one leg at a time, right then left. Reverse the direction.

Circle Aerobics –

a. Around the waist, step directly left side with left leg, around the left knee, repeat
b. Around the waist, step directly right side with right leg, around the right knee, repeat
c. Around the waist, step directly forward with left leg, around left knee, repeat (like a lunge)
d. Around the waist, step directly forward with the right leg, around right leg, repeat (like a lunge).
e. Alternate between left forward and right forward. Example; around waist, step forward with left leg, around left leg, around waist, step forward with right leg, around right leg, around waist, repeat
f. Putting it All Together: around waist, step directly left side with left leg, around left knee, around waist, step directly forward with left leg, around left knee, around waist, step directly forward with right leg, around right knee, around waist, step directly right side with right leg, around right knee, around waist, repeat.

Toss and Catch –

a. Toss and catch with dominant hand
b. Toss and catch with non-dominant hand
c. Toss, touch opposite shoulder and catch with dominant hand
d. Toss, touch opposite shoulder and catch with non-dominant hand
e. Toss with dominant hand, touch both shoulders with opposite hands and catch scarf
f. Toss, touch opposite knee and catch with dominant hand
g. Toss, touch opposite knee and catch with non-dominant hand
h. Toss with dominant hand, touch both knees with opposite hands and catch scarf
i. Toss, touch opposite ankle and catch with dominant hand
j. Toss, touch opposite ankle and catch with non-dominant hand
k. Toss with dominant hand, touch both ankles with opposite hands and catch scarf

Figure Eight - Start with legs shoulder width apart and knees bent. Transfer the scarf from one hand to the other in a figure 8 pattern around the knees. Reverse direction.

Three left, 3 figure eight, 3 left - Circle three times around right leg. Circle three times in a figure 8 pattern around the knees and then finally circle three times around left leg. Repeat the whole series. Also reverse direction.

Figure Eight over back - Complete one figure 8 pattern. Lift ball over right side of the back with right hand, transferring ball to left hand over back. Bring ball down with left hand down left side of the body. Complete figure 8 pattern. Ball ends up in left hand after pattern. Repeat, lifting ball with left hand, transferring ball to right hand over back. Repeat.

Figure Eight Shuffle - Shuffle legs alternating from front to back. At the same time, transfer the ball between the legs in a Figure Eight pattern.

Butterfly - Lay on your back. Lift legs and rotate scarf in a figure 8 pattern around legs. Repeat and reverse direction. Options: Keep legs together, rotate scarf around the legs both directions. Finally, three circles around the left leg, one figure eight, three circles around the right leg, repeat. Options: Legs together, rotate 10 times around clockwise and 10 times around counter clockwise. OR, rotate 3 times around left leg, one figure 8 and then 3 times around the right leg. Repeat.

Partner and Group Scarf Activities:

Line all participants up with a partner (toe to toe), the length of the floor. Each person has a scarf.

1) **Double Toss** – Begin activity by tossing back and forth, right hand to right hand and left hand to left hand, alternating.
2) **Round About** – Partners begin with a scarf in their right hand. Together they pass the scarf on to their own left hand. Now a scarf is in each person's left hand. Then each person passes the scarf from their left hand to the other person's right hand. Repeat this circular rotation. Option would be to reverse the rotation
3) **Partner Figure 8** – Partners begin with a scarf in their right hand. Activity begins when they simultaneously pass the scarf under the left leg and then under the right leg (In a figure 8 pattern). When the scarf ends up back in the right hand, each person passes the scarf to their partner and both repeat the process.
4) **Behind the Back Pass** – Partners put left shoulders together. Each person has a scarf. Begin activity by passing the scarf behind the back to his/her partner with the right hand. Repeat. Option is to try with right shoulders together and passing with the left hand behind the back.
5) **Toss and Switch** – Partners face each other about 3 feet away from each other. Activity begins with each person tossing and catching their scarf with their dominant hand 3 times. On the third toss, partners run and catch their partners scarf before it hits the ground. Repeat, but this time move apart a little farther from each other. The goal is to see how far apart you can go from each other yet still catch both scarves.
6) **Scarf Partner Tag** – One scarf for each two people (one person tucks extra scarf in pocket or waistband. Activity begins with partners passing scarf back and forth to each other while music is playing. When music stops, the person who has the scarf, turns and runs **straight** toward the wall. The other person chases them, trying to tag them before they touch the wall. Make a practice run first, emphasizing the importance of running straight toward the wall, so not to run into another participant.

Music Played in Session

Hot, Hot, Hot, from Greatest Sports Rock and Jams
I Want You Back – Jackson 5
The Animal Song – Savage Garden
I Want It All – Queen
Lil' Jack Slade – Dixie Chicks
Ring My Bell – Anita Ward
Turn the Beat Around – Gloria Estefan
That' the Way – Jo Dee Messina
Standing Outside the Fire – Garth Brooks
Move Your Feet – Junior-Senior
Mickey – Toni Basil
Let the River Run – Carly Simon
Le Freak – Chic

Kids in America – No Secrets
I Will Go With You – Donna Summer
I'm Gonna Take That Mountain – Reba McEntire
Good Vibrations – Marky Mark
Good Riddance – Green Day
Feels Like Today – Rascal Flatts
Everybody Everybody – Black Box
Don't Cry for Me Argentina (Miami Mix Edit) Madonna
Beautiful Day – U2
Affirmation – Savage Garden
If You Knew Sousa – (Scarf Routine Activity)

Source to purchase scarves:
www.palossports.com