



Preschool Activity Pages

Scarf Juggling



Materials

- Light weight fabric material that you can cut up such as old scarves, shirts, sheets, tulle, etc.
- Ruler/measuring stick
- Marker/pencil
- Scissors

Area of School Readiness

Perceptual, Motor, and Physical Development: According to the [Head Start Early Childhood Learning & Knowledge Center](#), perceptual, motor, and physical development includes motor development and health, safety and nutrition. This includes gross motor or large motor skills (like jumping, running, climbing) as well as fine motor or small muscle skills (like holding a fork or buttoning a coat). Health, safety, and nutrition includes skills for self-care (like brushing teeth), knowledge promoting healthy eating habits, and personal safety routines.

Purpose of the Activity

Gross Motor Skills: Your child will practice coordinating their large muscles to throw and try to catch scarves. They will also practice and build their core muscles. They will use those same muscles to be able to sit upright all day while in school.

Instructions

1. With your ruler, measure 9-inch squares of fabric. Use marker to trace outline and cut out.
2. Beginning with one scarf, toss the scarf up in the air and try to catch it.
3. When you are ready, toss two scarves in the air and encourage kids to catch using the opposite hands (throw with the left hand and catch with the right hand, throw with the right hand, catch with the left).
4. Try and add a third scarf when ready.
5. Have fun!