

# Streamers

Used to promote grip and help encourage expanded range of motion while participants reach in different directions. Wave the streamers around during dancing for extra fun!



## **TCFD Tip**

Make homemade streamers using ribbon or by cutting up a light weight fabric



# Parachute Games

Group parachute games encourage socialization while participants can work on grabbing and holding onto the fabric, and use muscle strength to lift and lower the Parachute or Octaband.



## **TCFD Tip**

Research “Kids Parachute Games” on Google or Pinterest to learn the many different games that can be played with parachutes.



## Ball and Ring Toss

Use a ball to play traditional sports or as an aerobics exercise prop to lift up, push out, and bang on with drum sticks or thin pvc pipe. Ring or bean bag toss is another game to expand range of motion



## Choice Making Dice

Place exercise moves on each of the 6 sides and roll the dice to determine which movements to do. Use a second one to write interval times to determine how long to do the movement for



# Noise Makers



## **TCFD Tip**

A wireless speaker, rockin' playlist, and engaged high energy support staff are also very motivating!

## Boomwhackers

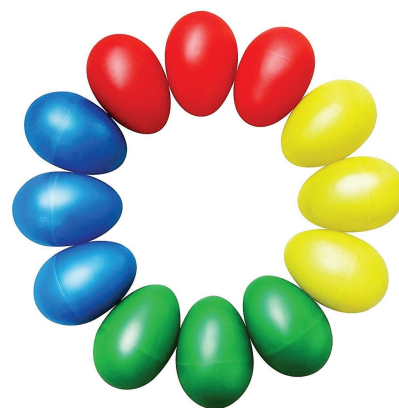


## Egg Shakers



## **TCFD Tip**

If there are no choking concerns, make these using plastic eggs! Put objects inside like rice, beans, or sand to make different sounds.



## Cymbals with Handles



## Bell Bracelets



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