

Coloured Scarves

Take this sheet into the workshop as a useful reminder of the aims and activities

ACTIVITY	ACTIONS	NOTES
Exploring Coloured Scarves	Take your time <ul style="list-style-type: none"> • Look at the colours • Feel the texture • Scrunch it up • Stretch it out • Pull it through your hands • Blow into it to create ripples 	Scarves are accessible to everyone
Exploring Coloured Scarves	Try wearing the scarf in different ways On your: <ul style="list-style-type: none"> • Head/hair • Wrist • Around your neck 	Uses creativity and imagination
Working with the group	Throwing and catching together (with one hand or two)	Improves dexterity and strengthens muscles
Making it easier - working with a partner	Drop the scarf and let it fall into your partner's lap Encourage them to catch the scarf Swap roles	Improves hand-eye coordination
Challenging level - Throwing pattern (1 scarf)	Using one hand, throw scarf in a diagonal direction across your body Catch the scarf with the opposite hand (e.g right hand throws to left side and left hand catches the scarf)	Reverse the direction to develop even muscle memory in both hands
Challenging level - Throwing pattern (2 scarves)	Start with one scarf in each hand Keeping with diagonal throws, pick a scarf to throw first, and follow this pattern: 'throw, throw, catch, catch'	Improves reaction times
Challenging level - Throwing pattern (3 scarves)	Develop the throwing pattern by adding a third scarf	Improves focus and concentration

