

20 Dancing Props for Your Creative Movement Activities

Using Everyday Items That Can Be Found
in Your Facility

- Bandanas (wave and spin to the beat of the music)
- Baskets (hold onto and move to the beat of the music)
- Canes (twirl or spin to music)
- Faux Flowers (hold in hands to move to music)
- Hands (Clap-Pat-Snap; clap hands, pat laps, and snap fingers to create rhythm)
- Hats (put on/take off during music)
- Jingle Bells Wristbands (attach jingle bells to ribbon and tie around wrists)
- Masks (can take on a new persona to music while wearing the mask)
- Parachutes (lift and lower to music)
- Pom-Poms (make tissue paper pom-poms to shake to music)
- Pool Noodles (hold onto to hit the floor to the beat of the music)
- Ribbon Wands (attach ribbon to dowels to move to music like a conductor)
- Scarves (write names in the air to music)
- Small Flashlights (flash the light to the beat of the music)
- Sporting Equipment (bounce tennis balls to the beat of the music)
- Streamers (toss pieces of streamers into the air and catch during music)
- Stuffed Animals (toss and catch to music)
- Tambourines (play to the beat of the music)
- Toy Instruments (shake or play to the beat of the music)
- Umbrellas (twirl to music)

