

Props

Props are useful for movement exploration and development of movement range. They can include:

Ribbon and ribbons on sticks - for exploring planes, e.g. horizontal, vertical, sagittal, and kinaesphere (= reach space)

Balloons – for levity and gentle touch

Ropes – for holding on in group activities or marking pathways

Elastic bands – for pushing against, exploration of near-far / close-apart

Bean bags and cushions – big ones for dragging, kicking, lifting and dropping, small ones for throwing, aiming at a post or basket

Hoops – for rolling and jumping into, swinging, and marking spatial boundaries

Various textile materials, e.g. velvet, nylon, cotton – for wrapping up body parts and to use as movement floaters

Scarves – for swinging, floating with, hiding under, for exploring “indirect / flexible”, “peek-a-boo” games

Soft balls, feathers and feather dusters, sponges, sand paper etc. – for body awareness activities

Scrunchies or hair ties – for highlighting certain body parts

Tambourines and other percussion instruments e.g. sand or rice in cans, seedpods – for dancing with or accompanying other people’s dances

Windmills – for running with, for stop-start dances

Cane balls – for marking spaces, e.g. to dance around them

Sticks – for pointing, exploration of “direct / channelled” versus “indirect / flexible”

Sword and shield – for warrior dances

Hats – for nodding, marking who has a turn

Cardboard cylinders – for channelling eye gaze, “peek-a-boo” games

Towel and blanket – for gravity and weight experiences such as for lying into and being rocked by four adults

A long piece of material sewn together so as to form a large **tube** – for each group member to lean against and being rocked through a group rhythm