



Wrist Ribbon

Materials

- One elastic hair tie per participant
- Five ribbons, two foot in length each, per participant
- Three jingle bells per participant
- One quilting needle per participant



Directions

- Choose five ribbons.
- Loop a separate ribbon through each jingle bell. It may be necessary to use a quilting needle to pull the ribbon through the jingle bell.
- Attach a ribbon to the hair tie by folding the ribbon in half and creating a loop with one end of the ribbon. Place the folded ribbon around the hair tie and pull the ends of the ribbon through the loop end. Continue until all five ribbons are attached.
- Pull the ribbon tightly against the hair tie. You may want to tie an additional knot in order to secure the ribbon tightly to the hair tie.

Activity

- Present this wrist ribbon to your child.
- Have fun exploring body movements that move the ribbons in different ways.
- Sing songs and dance while using the ribbons.