

Cloverbud 4-H Discovery Series

Creative Arts & Healthy Living: Creative Movement



Intended Audience:
4-H Cloverbuds

Lesson Objectives:

Participants will learn:

- To be creative while using their dancing skills for exercise.

Time: 30 Minutes

Equipment and supplies:

Construction Paper

Cardstock

Scissors

Glue

Tape

Decorative supplies (stamps, crayons, markers, etc)

Music with player

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Sources

"Healthy Lifestyles", The Big Book of 4-H Cloverbud Activities

BACKGROUND

Using creativity makes exercise fun which creates an excitement to physical fitness.

WHAT TO DO

1.) Baton With Streamers, adapted from "The Big Book of 4-H Cloverbud Activities".

First, decorate a piece of cardstock. Then, cut construction paper into small strips, then roll with a pencil to create spiral strips. Next, glue strips to each of short ends of cardstock. Last, roll the cardstock into a baton size roll and glue edges together. For extra reinforcement, use tape.



2.) Exercise With Baton

In a safe space, turn on music and allow Cloverbud to dance or do exercises featuring the baton.

3.) Freeze & Creative Movement

Add some fun games with the baton, by playing freeze when the music stop or having them pretend like they are an eagle, cheerleader, robot, dinosaur, leading a parade, etc.

SERVICE LEARNING

Cloverbuds can share their routine with their families.



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