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## **Swing Cloth**

- Instruction:** The participants stand around the swinging cloth and hold it together in their hands. Then a harmonious up-and-down movement sequence when swinging the cloth, can be found. Depending on the age of the participants, the difficulty of the tasks varies: "Switch places with your right/left neighbour!", "Walk/run to your opposite!", "Switch places with someone wearing a similar t-shirt to you!", "Close your eyes, what do you feel? Do you feel gravity? Do you feel the wind and the air?"
- Material:** Swing cloth, supplementary small materials if necessary. The use of additional materials such as balls, balloons and scarves opens up many possibilities for new games and encourages creativity.
- Keywords:** Development of basic motor skills, retention of whole body tension, coordination skills, cooperation between players.