

Inside Blizzard



SUPPLIES:

-sheet or large towel -bag of cotton balls -music of some kind

**Lay out the sheet or towel flat on the ground.
Dump a bag of cotton balls into the middle of the fabric.
These are your snowballs!**

Start the music. IF you have at least 2 people, grab opposite ends on the fabric. Start stamping your feet to the rhythm of the music. When you feel ready, begin moving your hands (and the fabric) to the rhythm of the music. The snowballs should dance on the fabric.

**Shake your hands faster as the music goes faster.
Shake your hands slower as the music goes slower.
Before you know it, you will be dancing
in a blizzard of snowballs!**

When the song ends, take a break and gather all the snow back onto the fabric. Pick a new song and enjoy your snowy blizzard!

NOTE: If you only have one person, try tying the opposite end of the fabric to a chair or other stable piece of furniture.