ARTMAKING PROJECT | Rhythmic Ribbon Baton!

Rhythmic gymnastics combines creative movement with ropes, hoops, balls, clubs, or ribbon and grew out of a tradition begun over 3,500 years ago in ancient Egypt as a celebration of the human form.

Movements with the ribbon include flicks, circles, snakes, spirals, and figure eights. The next time you visit the DIA keep an eye out for sculptures, paintings, and photographs that show different types of dancing throughout the ages.

THINGS TO CONSIDER

How will you decorate your baton, and what color ribbon will you use?

What kind of music do you like to dance to?

What kind of movements can you make with your ribbon?

MATERIALS

- Sheet of paper (construction paper, newsprint, copy paper, any size will work)
- Ribbon (approx 36”-60”)
- Tape
- Markers or pens
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Directions

Step 1
Gather your supplies.

Step 2
Then, decorate your sheet of paper! Cover the whole sheet with designs and patterns.

Step 3
Turn the paper over, and lay the ribbon across the sheet diagonally. Begin to roll the paper tightly. The ribbon will get rolled up with the paper and stay attached.

Step 4
Use a piece of tape to keep the paper rolled up. Try using different colors of tape as extra decoration!

Step 5
Try out different moves with your ribbon, but remember the most important part is to be creative, have fun, and dance!

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