

# Maypole

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## Introduction

You may not have the funds or the space for an indoor maypole, so here is an easy, alternative design to try. Use it with our Maypole Music and Movement exercise this month.

This design is not so much a maypole as a may-floor, but it is much safer, more manageable, and just as much fun.

## You Will Need

- An old straw hat
- Long lengths of ribbon or plastic in red, white and blue (we have used lengths from a fly screen as a cheaper alternative to ribbon, and the plastic is easier to clean – see image opposite)
- Scissors



## Risk Assess

Care with scissors.

## What To Do

Cut long lengths of ribbon or use the full lengths of plastic from a fly screen.

Decorate the hat with card or paper butterflies or flowers.

Tie each length of ribbon or plastic to the straw hat.

Lie the hat on the floor with one or more ribbons laid out in front of each resident in the group.

You're ready to go!

When not in use, you can use this as a seasonal decoration on a coat and hat stand in the corner of a room.

