



- Then on to the lower body. Ask them to lift their right leg off the floor, shake their leg and repeat on the left.
- Ask them to point and flex their right foot three times. Repeat on the left.
- Then ask them to bounce their right toes x8, bounce their heels x8 and repeat on the left.
- Ask them to cross their right arm over to their left leg. Cross left arm over to their right leg. Repeat four times.
- Encourage the group to stamp their feet on the floor like a running motion and get everyone counting together from 1 to 10. On 10, stretch arms and legs outward in star position.

2. Creative

With everyone still seated in the circle, offer a choice of different musical options and start to play the music.

- Invite each person to volunteer a movement, which everyone in the group then repeats.
- Encourage standing to dance for anyone who is able to and wishes to.
- This section should be led by participants and open to suggestion. Encourage interaction through dance.
- It is helpful to maintain an atmosphere of wellbeing and light heartedness.

3. Relaxation

At this point play some relaxing music. Stimulate conversation and ask questions about how they feel after moving.

- Ask them to place their hands on their hearts and inhale three deep breaths through their nose and exhale through their mouths.
- Ask them to roll their head in a full circle to the right and then left if they can.
- Encourage the group to open their eyes wide, blink and wink, stretch face wide and smile.
- Suggest they wiggle, stretch and shake out their bodies.
- Then ask everyone to hold hands and lift arms up and down three times.
- Have a sing song using anything that is offered in the moment.
- Ask everyone how they feel and take note of their sense of wellbeing for later review.
- Name and thank each person.
- Clap and cheer.

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Creative Dance



This activity enables participants to express themselves through dance and movement. As well as enjoying the activity, people benefit from being physically active and should experience improved health and wellbeing. This activity is normally done with a group.

Ingredients

- A comfortable room, free from interruptions which is the right size for your group.
- Something to play music, for example, CD player or iPad.
- A selection of different types of music, from different eras. Here are some genres to consider: Jazz, Classical, Latin, Big Band, Country, Blues, Folk and Reggae.
- Comfortable (preferably hard backed) chairs with everyone seated in a circle. Invite wheelchair users to have a seat in one of the chairs where appropriate.
- The group can have up to 10 participants with at least two members of staff to help.

Method

Before delivering this activity you should become familiar and comfortable with it and ensure you prepare the music in advance. You will need to initiate and encourage movement from the group. Take time with the movements and think of it as a sequence of movements to music. The activity can last up to 45 minutes.

Think about how you can encourage everyone to participate in the activity to whatever level they can.

This activity is divided into three parts:

1. **Guided movement:** where activity is led
2. **Creative:** participants create and share their own movement
3. **Relaxation:** activity is led to the end with emphasis on relaxation of body and mind.

1. Guided movement

Everyone should be seated in the circle. Make sure everyone is comfortable. Warmly welcome everyone to the session and play some music which is familiar and uplifting.

- Encourage everyone to take three long, slow, deep breaths, inhaling through the nose and exhaling out of the mouth.
- Ask everyone to open their right hand and stretch out their palm and fingers, then close their hand. Repeat three times then repeat on the left side.
- Ask everyone to reach both arms out to the front, breathe in and lift both arms and head upward. Then breathe out and open both arms out to the side, expanding the chest. Ask them to bring arms back down to their side and their head back to centre. Repeat three times.

- Ask everyone to raise their right arm upward and shake it. Then do this with the left, then raise both arms up and shake them. Ask them to move their arms from side to side in a waving motion and draw a figure of eight in the air.
- Then ask them to offer an outstretched hand to the person on the right and then left.
- Bringing their hands back from the people next to them, ask everyone to wrap their arms around their own body, as if cuddling themselves.
- Still seated, ask people to make circular movements with the hips and upper body. Circling x4 to the right then x4 to the left.