

DANCING THROUGH AND BEYOND COVID-19 WITH THE DANCE NETWORK ASSOCIATION



RESOURCE BOOKLET

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THE DANCE NETWORK ASSOCIATION

The Dance Network Association CIC (DNA) is a participatory dance organisation that is dedicated to increasing the health and wellbeing of the communities it serves.

Established in 2015, DNA has built inclusive dance communities and provided access to those most in need including those on low income, those who are older or younger or in school, those living in rural locations, those in need of support of physical and mental health and wellbeing, and those who have been underserved. For example, our innovative early years programme in Barking and Dagenham (areas of multiple deprivation), delivers dance to teachers and families; our Dancing with Parkinson's provides access to movement classes for people with this health issue; our Youth Dance Companies enable those at the start of their career to develop their talent and perform. Alongside community and participative activities, we help to train the next generation of dance practitioners.

The Vision of DNA is to increase the opportunities available for everyone in the community to engage in dance activity by promoting self-esteem, confidence, mobility, and general fitness, and above all have fun dancing!
#creatingdanceforall

Resource Pack Compiled and Edited by Artistic Director Gemma Wright (DNA)

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ACKNOWLEDGEMENTS

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We would like to take a moment here to thank our funding partners: Arts Council England, Essex Community Foundation through the Anglian Water Fund, Brentwood Borough Council and Axis through the Mental Health and Well-being Grant and Colchester Borough Council through the Voluntary Welfare Grant.

We would also like to thank our freelance artists Lucy Blazheva and Karen Pratt who have worked endlessly learning new skills of their own to bring you content in this resource and the online/DVD tutorials. Also our musician Phil Toms for creating some beautiful tracks for our online classes. music tracks as described in some of the classes will be available to download from our website.

We would also like to acknowledge our film editor Julien Mery who supports the organisation's work to be of professional standard.

Finally we would like to thank you for taking the time to read this resource. We hope that it brings you much joy and wealth of dancing activity.

Until we meet in a dance space

STAY HEALTHY, STAY SAFE

The Dance Network Association team (DNA)

BEFORE YOU TAKE PART IN ANY DANCING

Health and safety is paramount to the organisation and as we cannot be directly in your settings we ask that you complete a few risk assessment points of your own before starting any dance activity:

- If this is a new activity to you please consult with your GP before you engage in any movement or tasks from this book.
- Please check the space and your surroundings, clearing any hazards or things you may slip, trip or fall on.
- Stay hydrated throughout, have a water bottle close by, or if like many of our classes a 'cuppa tea' - but make sure this is out of immediate reach so you do not have any hot spillages whilst dancing.
- Make sure you are in free moving and comfortable clothing.
- Make sure your footwear grips to the floor OR if you are dancing on carpet please make sure you protect your feet with hard soled slippers or ideally just socks.
- Make sure you use a strong hardy chair that will not tip or fall when leaned on and, if possible without arms. (No soft arm chairs we recommend a sturdy kitchen or dining room chair).
- If you are teaching a group, include the check points above but during COVID-19 please ensure you have the correct PPE measures in place and if unsure check the Government and the World Health Organisation websites for up to date information and legislation.



Photo Rich Nolan

A STROLL ALONG FRINTON BEACH

Class created by Gemma Wright Artistic Director of the Dance Network Association.

Creative ideas for class. You can pull out the tasks and complete individually or take part in the full class.

Visualise the beach environment and if you have a shell or two that will add to your class enjoyment.

FOCUS AND WARM UP

MUSIC/PROPS

Close eyes, and just breathe for a few moments. Listen to the breath - take a body scan, how do you feel today, are you sitting tall, are your shoulders relaxed or tense, is your tummy breathing in and out like the waves, are your knees soft, are your ankles and feet planted.

In Deep Waters: Ocean Waves for Sleep

(very quiet just light background noise)

Take three deep breathes into and out of the lungs

Bring hands up to face and rub gently, slowly, paying particular attention to the jaw line, giving a good rub here.

Stretch out arms to shoulder height and yawn and do what you need for a few moments to waken the body, the neck and the shoulders.

Bring arms into body into a tight ball, and then stretch and extend outwards in all directions. Repeat.

Holding arms out in front of you, flex hands up and down, then start to make small circle motions with the wrists.

Move your head from side to side on the vertical, if others are in the room give them a smile.

Sunny skies. Close the hands to make a tight grip and open hands and fingers wide, palms facing away from body and arms extended out in front of you.

Putting on your sun cream. Rubbing the body up and down arms and into legs in circular motions with the hands.

Picking up the sand in your toes. Draw toes and feet up into a tight grip and then stretch and relax feet back down to flat, repeat a few times.

TRAVELLING - ALONG THE BEACH

MUSIC/PROPS

I now invite you to stand if you wish to do so. Please take your time make sure your feet are firmly planted on the floor, hip width apart, you come to standing by bending the knees and slowly rising.

Walking Along the Beach:
Ocean Waves Radiance

Lets take that stroll on the beach: start with gentle walking, small steps knees over toes.

If your able to take this into a small jog. Imagine running into the start of the sea and splashing in the water with both feet, small jumps or hops if able.

Diving into the sea. In a diving action lifting arms and head then diving forwards, rolling down from head to as far as you can go. Open arms to side bring back into centre of body and leading with the head roll the body back up (repeat three or four times). Be careful if you have high blood pressure, advise just take the arm movements.

'Sunbathing. Imagine lying on beach, taking in sun breathing deeply from your tummy. You can be seated or standing if you feel comfortable to balance with closed eyes

CHOREOGRAPHIC SEQUENCE - THE WAVES

MUSIC/PROPS

Come to standing behind your chair, use for balance or staying seated.

Mack the Knife: Bobby Darin

In time with the music raise the arms from the side of your body to the centre of the room repeat for four times in total. At the same time you are bending at the knees and taking a 'plies' with each extension.

Props: You can use ribbons or scarves as an extension of movement.

Take one foot out to the side and place onto the floor and transfer weight into the centre of the body for a deep bend in the knees, transfer the weight back up and point opposite toe to bring back into the body with feet together.

CHOREOGRAPHIC SEQUENCE CONTINUED

You then have 8 counts to either turn your self around on the spot, walk around your chair back to the start, or change chairs with the person next to you to begin the whole sequence again.

Repeat this a couple of times, we also add in a bit of individual dancing for the chorus. See where the music takes you.

You can choose to dance the piece without props as you gage your balance and then bring the props in after a few repetitions.

EXPLORATION - SEA AIR

You will need a feather here, if you do not have a feather you can rip up bits of tissue or paper.

Start by seeing how the feathers feel on your skin, tickle, stroke and feel.

Can you think about how the sea air feels, smells, sounds, blows....

Using the words Blow, throw, catch & balance.

Explore the space and dance with your feather as if you were on the soft sand being blow around in the sea air.

If safe to do so you can work in partners here one feather between two.

Explore where you can take your feather they are great for hand eye coordination and supporting your peripheral vision so keep those eyes following the feathers.

EXPLORATION - GETTING PHYSICAL

Using a beach ball between the group or individually take your feather exploration further with a larger prop, use your arms, legs, feet, where can you take the ball.

If you do not have a ball you can let your imagination run wild think about playing games on the beach and throwing/kicking the ball, moving around the space.

If this is in a group setting this should be done as a group exercise. All staying seated and moving the ball by throwing, kicking and passing to each person in the space, make sure everyone gets a turn.

MUSIC/PROPS

Mack the Knife: Bobby Darin

Props: You can use ribbons or scarves as an extension of movement.

MUSIC/PROPS

We Move Lightly: Dustin O'Halloran

Props: Feathers

MUSIC/PROPS

I Saw Her Standing There: The Beatles

Props: Beach ball

INDIVIDUAL EXPRESSION AND MEMORIES OF THE SEASIDE

All eyes closed. Pass a shell out to everyone. If you are at home and have a shell hold this in your hands.

What does it feel like?

What does it make you think of?

Do you know what it is?

Open your eyes and see....

Do you have a good memory of the beach and a positive time. How does the shell make you feel, what do you think of when you see a shell.

So now using 2 counts of 8 create two movements that reflect your memory.

If you are in a group you can work in pairs and create a longer sequence.

MUSIC/PROPS

Spark: Set Fire The Western Den

Props: Shells you have collected from the beach - a box to hide them in

EXPLORATION - SENDING MEMORIES ON A POSTCARD

Using your finger or a prop, now imagine you are writing a postcard to tell people about your holiday or your favourite trip to the beach.

Use all the space in front of you the postcard is huge and has plenty of space for your writing. Get the wrists involved and more of the body too.

If you are in a group you can do this all together and watch one another's writings as they finish their postcard and the next person begins.

MUSIC/PROPS

Follow the Sun: Xavier Rudd

Props: I would use a ribbon stick to extend movement

COOL DOWN AND CLOSE

Sitting upright in chairs, bring attention to the breath.

Rub arms with hands, moving them back up across upper chest, down the other arm and onto the legs. Massage face gently, tapping around face

You can choose to close your eyes, resting hands in lap. Imagine you are holding the sun as a small ball of energy. Extend the ball as wide as it possibly can making you feel warm and comfortable. Gather the sun back up into a small ball of energy and gently release it into the sky.

Rest and relax

MUSIC/PROPS

Your Mother: Alan Menken



DANCING WITH PARKINSON'S

Class created by Karen Pratt Dance Development Officer of the Dance Network Association. This class has specifically created for those living with Parkinson's and their loved ones or carers - as part of our Dancing with Parkinson's programme.

FOCUS AND WARM UP

MUSIC/PROPS

*Exercise 1: Sitting up nice and tall, feet planted into the floor.
Drawing a line up from the base of the spine to the top of your head. Hands relaxed on your lap.*

Eldorado: Phil Toms

Breathing in, through the nose. Breathing out, through the mouth.
Repeat x3

Breathing in, taking shoulders to your ears. Breathing out, relaxing back down.
Repeat x2

Breathing in, floating arms all the way up above your head and reaching through to the fingertips. Breathing out, floating arms back down and engaging the fingertips.
Repeat x2.

Breathing in, pushing hands across the lap and reaching forward, up above the head. Breathing out, floating the hands back down to the lap. Imagine you're a feather falling down onto your lap.
Repeat this x2

Taking your focus up to the ceiling, feeling the stretch along the front of your neck. Relax your jaw.

Back to centre.

Taking your focus down to your lap, feeling the stretch along the back of the neck.

Back to centre.

Looking across to one side, over your shoulder.

Back to centre.

Across to the other side, over your shoulder.

Repeat this x2

Exercise 2: Imagine you have a pencil on the end of your chin.

Eldorado: Phil Toms

Draw a figure of 8 in the space in front of you. Taking it nice and slow, and then reverse the direction when you're ready.

Breathing in, pushing hands across the lap, reaching forward and up above the head.

Breathing out, arms coming down either side of you back to your lap.

Repeat this x2

Exercise 3: Holding on to one side of your chair with one hand for support.

Scoop the other arm up above your head.

Breathe in and reach up further, breath out and pour some weight into your side reaching that arm over your head.

Breathe in to bring it back up, and breath out pushing the arm back to your side.

Swap sides. (You should be able to feel the lovely stretch in your torso and ribcage)

Both arms reaching up past your side, palms meet in the middle above your head.

Pushing them together, bring them down in front of your chest.

Reverse, push them back up above your head and finally, back down to your sides.

Taking one foot, reach it away from you.

Flex the foot, point the foot, flex the foot, point the foot and bring it down to the ground.

Draw the foot back underneath you.

Repeat on both sides x2

MASSAGE

Start by rubbing the hands together, building up some friction and warmth.

Use this warmth to rub one arm starting at your hand over your wrist, forearm, elbow joint, top of your arm, up to your shoulder. Repeat on the other arm.

Now rub and massage your legs, starting with your thighs and hips. Create smooth circles around your knees, one way and then the other. Rub and massage down to your calf and thighs.

Rubbing around the ankles, and walking your hands back up to your lap.

Bring the warmth to your stomach and waist. Take your hands into fists and massage the lower back.

ARTICULATION

Exercise 1:

Royal wave – Supporting your elbow with the opposite hand, circling the wrist 4x one way, and 4x the other.

Stirring a bowl of porridge – Hands clasped together. Feet remain planted in the floor. Stir the bowl in front of you 4x and 4x the other way.

Paint the fence – Using one hand at a time, paint a fence panel down, and up 4x. Repeat on both sides.

Exercise 2:

Roll your shoulders in small circles, up, back and down x4

Elbows x4

Whole arm circles x4

Exercise 3:

Taking one hand, press each fingertip at a time with your thumb.

Repeat on the other hand

Shake your hands out.

MUSIC/PROPS

Restful Guitar: Bensound

MUSIC/PROPS

Energy: Bensound

ARTICULATION PART 2

MUSIC/PROPS

Exercise 4:

Reach one foot out in front, circling the ankles x4 one way,
and reverse x4 the other

Swap feet and repeat

Reach knee to chest, and hug and support using the hands and
arms. Repeat both sides x2.

Exercise 5:

Marching, using arms. Slow pace or double paced. Pressing
feet into the floor. Reaching knee as high as you can.
Regain your posture from the beginning of session.

Energy: Bensound

COORDINATION EXERCISE WITH VOICE

MUSIC/PROPS

First time without voice -

8x claps with hands. Big movement, taking the arms out and
in.

8x pats on the knees. Big movement, taking the arms up
before down.

8x cross arms on lap, and uncross

4x claps that reach higher each time, in a zig zag formation
in front of you. Imagine you're popping bubbles in the air in front of
you.

Alternating arms, reach up and down to tap the lap x4

Alternating arms, flick hand out to the side and tap the lap
x4

Both arms together, reach up and down to tap the lap x4

Both arms together, flick hands out to the sides, and tap the lap x4

4x claps that reach higher each time, in a zig zag formation
in front of you. Imagine you're popping bubbles in the air in front of
you.

Second time repeat the exercise with the voice -

Ha in between each clap

Ssss (snare drum) in between each tap on the lap

Bah in between each single arm, alternating

Click with the tongue in between each reach and flick, both arms
together

Rock and Roll: Phil Toms

SWING EXERCISE

MUSIC/PROPS

Waltz style swings with arms – looking at the rhythm in 3's.

Elegant Waltz: Phil Toms

Swing forward:

Swing one arm forward, and then backwards by your side x4

On the fourth time, swing the arm forward and keep going, creating a circle all the way around.

Repeat with your other arm.

Swinging from the side:

Take the first arm out to the side and swing across your body and back x4. On the fourth time, open the arm all the way around in a large circle.

Repeat with your other arm.

Swinging across the body:

Take your first arm in a figure of 8 across and back around the body, as if rowing x8.

Repeat with your other arm.

COOL DOWN

MUSIC/PROPS

Have a wiggle on your chair, getting comfy and thinking about posture.

Peaceful Seashore: Phil Toms

Exercise 1:

Breathing in, through the nose

Breathing out, through the mouth

Repeat x3

Breathing in, taking shoulders to your ears

Breathing out, relaxing back down.

Repeat x2

Breathing in, floating arms all the way up above your head, reaching through to the fingertips.

Breathing out, floating arms back down, engaging the fingertips.

Imagine they're raindrops falling down.

Repeat x2

Breathing in, pushing hands across the lap, reaching forward and reaching up above the head, floating the hands back down to the lap. Imagine you're a feather falling down onto your lap.

Repeat x2

Exercise 2:

Peaceful Seashore: Phil Toms

Shoulder rolls, slow and gentle x4

Pushing the hands across the lap, reaching them up above your head as you breath in. Trickleing them down as you breath out.

Pushing the hands across the lap, reaching them up above your head as you breath in.

This time, opening the arms out to the side.

Wrap the arms around your body, giving yourself a hug. Curve the spine, keeping your arms in the hug position.

Breath in and uncurl your spine.

Breath out opening the arms to the side, and back down to your lap.

Take one hand to the opposite shoulder, and gently take a twist towards that hand and shoulder. Swap sides. Deepen the twist by looking over your shoulder.

Exercise 3:

Reaching one foot out in front, flex the foot.

Bring the knee into your chest, supporting with your hands.

Push the knee back down.

Swap sides.

Reach both arms out to the side and above your head, breath out push back down to your side x2

Thank you and finish

Take your hands together and squeeze x4

As if we were passing the squeeze onto the next person in the circle as a thank you.



DANCE FOR OLDER ADULTS

Devised and created by Freelance Dance Artist Lucy Blazheva of the Dance Network Association. Lucy works from a Contemporary Dance and Creative Practice background

INTRODUCTION

Session begins with sitting finding centre in your body, softening in the thighs and lengthening the spine. Light contact and gentle pressing on the skin to massage, across shoulders, arms, articulating fingers.

WARM UP

MUSIC/PROPS

2 x shoulder rolls
2 x Lifting shoulders up and lower
2 x Lifting focus to ceiling, Back to centre curving, return to centre.
2 x Sitting up tall to lengthen side toward spine to right, returning to centre, lengthening to left return to centre, repeat.

Tenderness: Bensound

PORT DES BRAS

MUSIC/PROPS

Hands on thighs, deep breathe in and out, reach arms forwards, then draw elbows back x2.
Extend arms to sides, thinking about splaying fingers, wide second. Lower arms.
Draw arms in front of the body, find curve in middle back, return arms to side as the back straightens. Lower arms to the thighs.
Extend the right arm to the side or above head if comfortable (5th) then left arm to either side or 5th. Deep breath in as we widen the arms to look at the ceiling, return the arms to the sides and press the palms through the space as they lower to the floor

Acoustic Breeze: Bensound

FOOT EXERCISE

MUSIC/PROPS

4 x light taps with the toes both feet
4 x light taps with the heels both heels
4 x light taps with the toes both feet
4 x light taps with the heels both heels
Tendue-stretch right foot forward, flex foot and draw knee back toward centre of the body (TheraBand could be used here to increase the stretch) point foot as you extend forwards and lower leg. Repeat on the left.
Use the arms in opposition here if not using the theraband. Let the arms and hands mirror the action of the feet.
4 x heels press
4 x claps

Jazz Piano: Bensound

You may want to use a TheraBand

PLIES

*Standing note: check the floor and ensure the chair is stable.
You could use the worktop in the kitchen.*

3 x plies feet in parallel (knee bends) and stretch.

1 x rise and lower.

Left arm extends to the side, carry that above the head to lead into a gentle sideways stretch. Return the arm and straighten to the side.

Right arm extends to the side, carry that arm above the head to lead into a gentle sideways stretch. Return the arm and straighten to the side.

CENTRE PHRASE

4 x claps

4 x marches on the spot

Repeat

March forward x2, back x2

March back x2, then forward x2

Open the arms to the left in a swing, stepping to the left, then strongly push arms away as you step to right, then step feet together.

Repeat to the right - Open the arms to the right in a swing, stepping to the right, then strongly push arms away as you step to left, then step feet together.

CENTRE PHRASE EXTENDED VERSION

4 x claps

4 x marches on the spot

Repeat

March forward x2, back x2

March back x2, then forward x2

Open the arms to the left in a swing, stepping to the left, then strongly push arms away as you step to right, then step feet together.

Turn around in full circle to right, with a little hop-bounce or jump.

Repeat to the right - Open the arms to the right in a swing, stepping to the right, then strongly push arms away as you step to left, then step feet together. Turn around in full circle to left, with a little hop-bounce or jump.

MUSIC/PROPS

Live the Moment:

www.storyblocks.com Royalty
Free Music

MUSIC/PROPS

Front Runner:

www.storyblocks.com Royalty
Free Music

MUSIC/PROPS

Front Runner:

www.storyblocks.com Royalty
Free Music

COOL DOWN

Noticing heart rate, skins temperature.

2 x Shoulder rolls

2 x Lifting shoulders up and lower

2 x Lifting focus to ceiling, back to centre curving, return to centre.

2 x Sitting up tall to lengthen side toward spine to right , returning to centre, lengthening to left return to centre, repeat.

Lift right leg, take ankle rotations in both directions. Lower and repeat on left leg.

Extend right leg, flex foot to lift off of the floor, stretching out the calf. Lower and repeat on other side.

Extend arms to the sides, then draw right arm across body, to stretch the upper arm. Return arm and repeat on the other side.

Lower arms to the sides of body.

Leading with the top of head to lean over to the right, then head to centre, over to the left then centre, towards the floor and return focus to centre.

Place hands on heart, notice heart rate, notice the temperature of the skin.

MUSIC/PROPS

Live the Moment:

www.storyblocks.com Royalty

Free Music

THANK YOU

Thank you so much for taking part in our classes we hope you have enjoyed yourself.

We always welcome you in our classes and your feedback and would love to hear from you and see you in the future.

Check out our website, call or email to sign up to our mailing list and for more information, about upcoming live sessions.



Photo Rachel Cherry

WINTER RESILIENCE



Photo Rachel Cherry

EXERCISES & TASKS

WINTER RESILIENCE TASKS & EXERCISES

These tasks and exercises have been specifically created for older adults. Throughout this section you will see a collection of photos, which you can pair with the short filmed clips via The Dance Network Association YouTube channel that demonstrate how to carry out everyday tasks for the body to live well during the winter months and prevent falls. Tasks include things such as breathing with a face mask on, putting out the washing and making a cup of tea.

Exercises and tasks devised and created by Karen Pratt Dance Development Officer of The Dance Network Association.

EXERCISE 1 - BREATHING THROUGH THE SHOULDERS.

TASK - BREATHING WHILST WEARING A MASK.

We are going to be breathing in through our nose, and breathing out through our mouths.

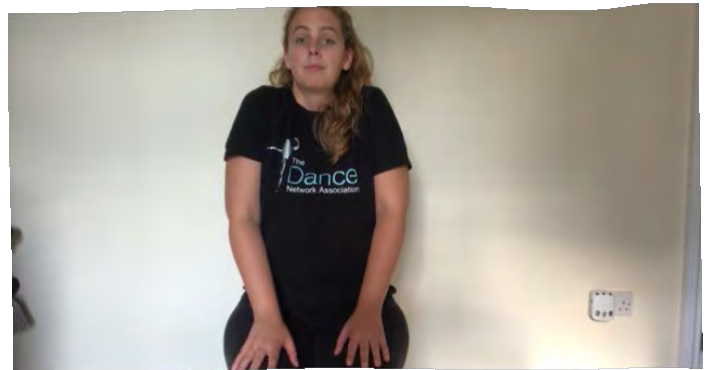
Start by taking a deep breath in, filling up your lungs. Hold for a second, and then breathe out, letting it all go, emptying your lungs.

Repeat this 3 times.

Now take a fourth breath in, gently lift your shoulders towards your ears. As you breathe out, relax your shoulders back down.

Repeat this another 3 times.

This will help you focus on breathing whilst wearing a facemask outdoors.



EXERCISE 2 - PRESSING FINGERS.

TASK - KNITTING.

With one hand, start by pressing your index finger into your thumb.

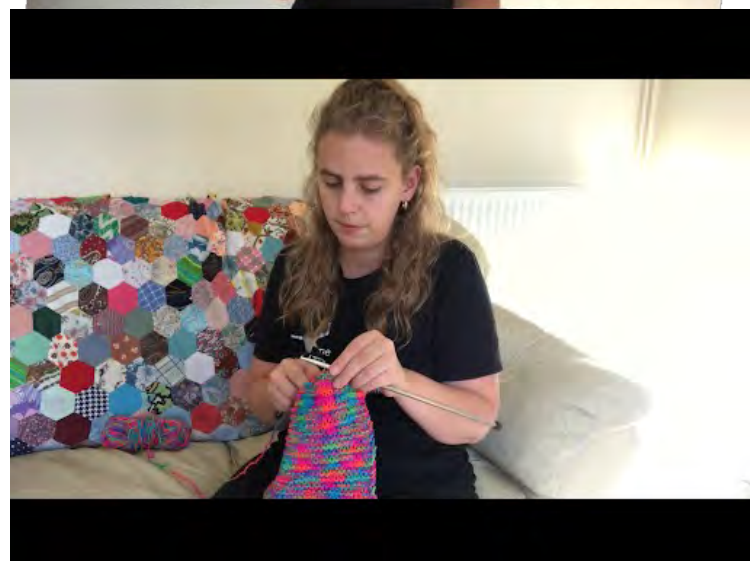
Then your middle finger to your thumb, then your ring finger to your thumb, and finally your little finger to your thumb.

Complete this task again but in reverse order, pressing each finger one at a time into your thumb, clearly and precisely.

Why not try doing this with both hands at the same time to the rhythm of some music.

This task helps with articulation and strength in the fingers, especially when carrying out intricate tasks such as knitting or sewing.

Complete this task anytime but especially when you are feeling cold to bring the blood circulation to the hands to help you to move your fingers and hands.



EXERCISE 3 - REACHES & OPENS WITH THERABAND.

TASK - PUTTING ON A COAT.

Take your theraband (or any stretchy material you may have) and place it around the back of your waist/lower back. You need to grip the ends of the material with each hand and pull these ends in front of the body.

The first part of the exercise is about reaching.

Using both arms, reach your arms forward directly in front of you, and back into your body. Keep the arms at waist height and keep the band taut.

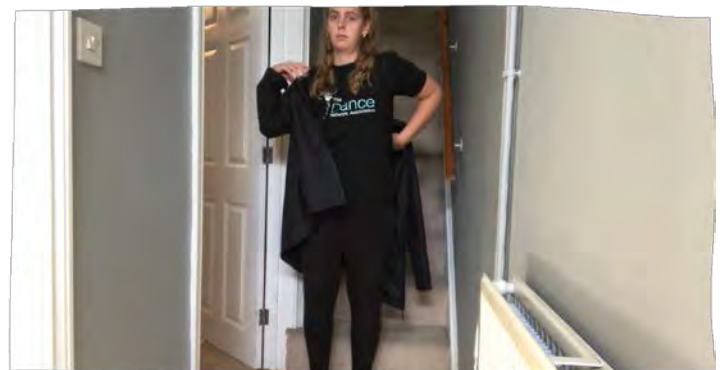
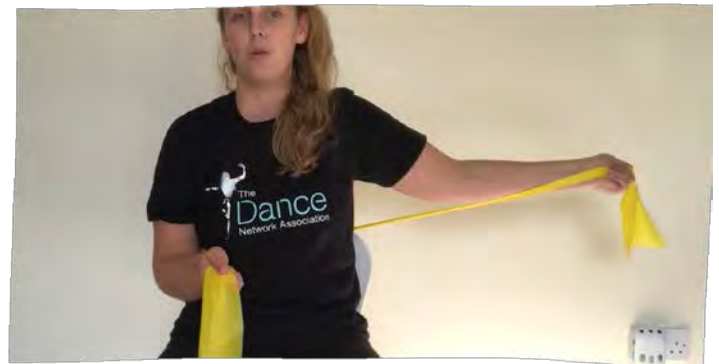
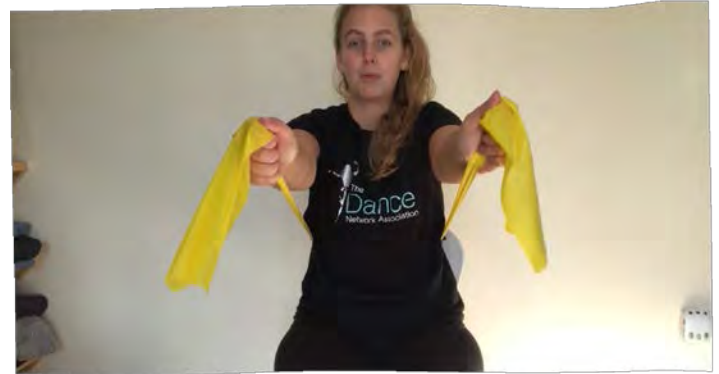
Repeat for as many times as feels comfortable.

The second part of the exercise is opening out.

Keep the band behind your back. Open one arm out to 90 degrees, as if opening a door. Close the arm back into your body.

Repeat this with the other arm, alternating for as many times as you can.

This exercise is good for strengthening muscles in your arms and shoulders. The task will help with everyday tasks such as putting on your coat.



EXERCISE 4 - POPPING BUBBLES.

TASK - GARDENING.

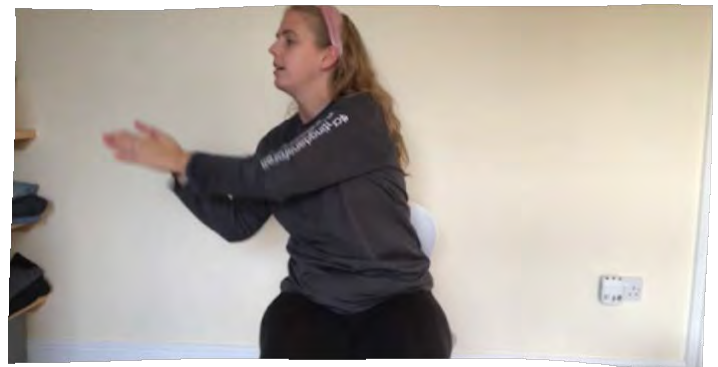
To help with hand-eye coordination which is good for reaching, throwing, writing and helping us to read, we are going to pretend there are giant bubbles floating around our bodies. By clapping our hands together we are going to pop those giant bubbles.

Feel free to find a piece of music you love and clap along to the beat of the music.

Try to pop 16 bubbles, using all different directions and levels around your body.

Try and keep to a steady beat as you complete the counts.

This exercise can help with those specific tasks that involve good hand-eye coordination, such as reaching for something with your garden tools.



EXERCISE 5 - SWINGS WITH SCARF.

TASK - STANDING UP FROM A CHAIR.

Using a scarf, or some light material, to encourage us to extend our arm movements.

We are going to swing one arm back and forth 3 times.

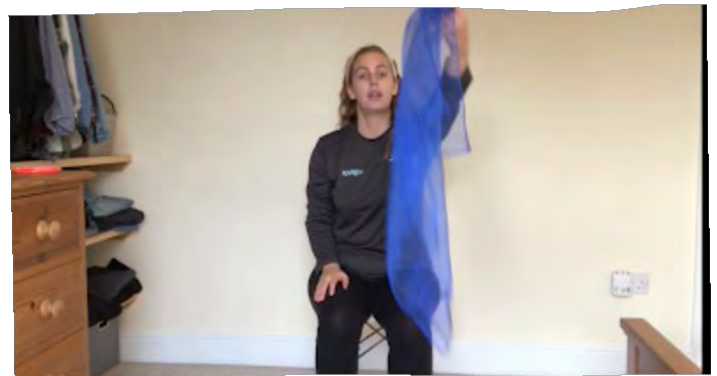
Swing a fourth time and on this count, take your arm forward, up past your ear in a big circular motion. Only take your arms/hands as high as your own body will take you.

Repeat this with the other arm.

Next time you do these swings, on the fourth swing, push into your legs and feet into the ground to rise up and out of the chair.

As the scarf swings around in the circle, follow the movement of the scarf and sit back down, ready to repeat on the other side.

You can do this as many times as you need to help you build the momentum and strength in your legs to stand up from your chair. Take this at your own pace, and if the stand is too much for you, work on just strengthening and lengthening those arms.



EXERCISE 6 - HEEL RAISES.

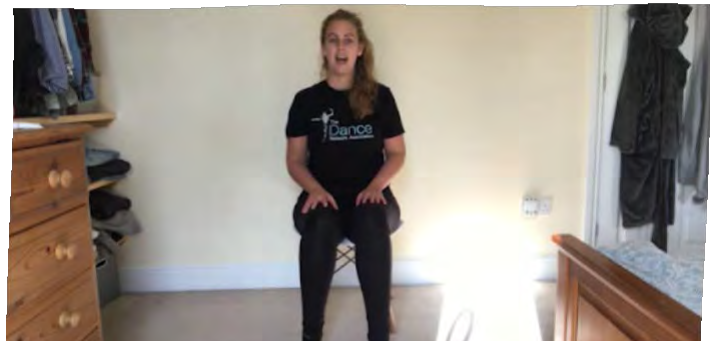
TASK - WALKING UP STAIRS.

Plant both feet firmly on the floor.

Slowly and controlled, lift both heels off the floor at the same time, and lower back down together.

Repeat this 8 times, maybe along with some funky music!

This will support you to stretch out and strengthen the arch in your foot but also your heel and achilles tendons which will support you to carry out every days tasks such as walking up the stairs or walking in general.



EXERCISE 7 - SCRUNCHES WITH SCARF.

TASK - MAKING A CUP OF TEA.

Working on precision of movement and muscles in our hands, take the scarf in one hand and reach towards the ceiling.

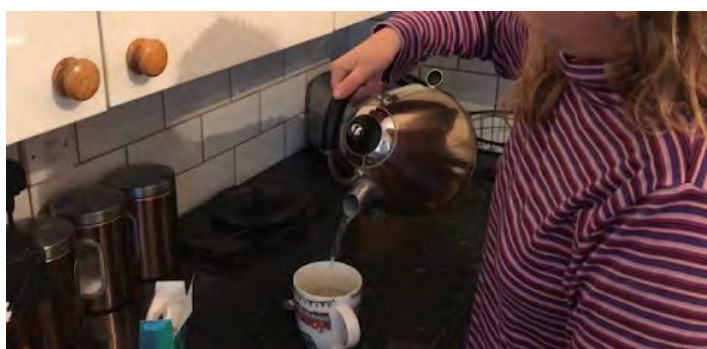
Resting the other hand on your lap, with the palm facing up and open, gently float the scarf down so it rests on the palm of your hand.

You can use gentle forward and back motions to manipulate the scarf to lay in the hand. Once the scarf is in your hand, open and close it continuously, until the material is scrunched into a small ball, contained in your fist.

Once it is in this tight ball, you can slowly unfurl your fingers and hand, as if a flower opening and blooming!

Repeat on the other side and as many times as you like.

This will help with precision and strength of your hands and fingers when doing tasks such as making a cup of tea, which involves so many different uses of your hands!



EXERCISE 8 - BREATHING WITH COUNTS.

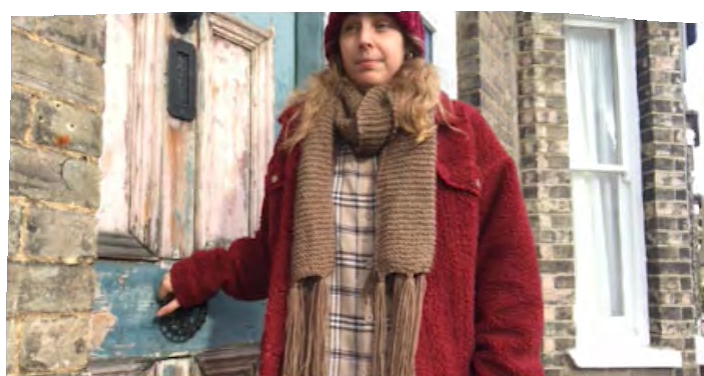
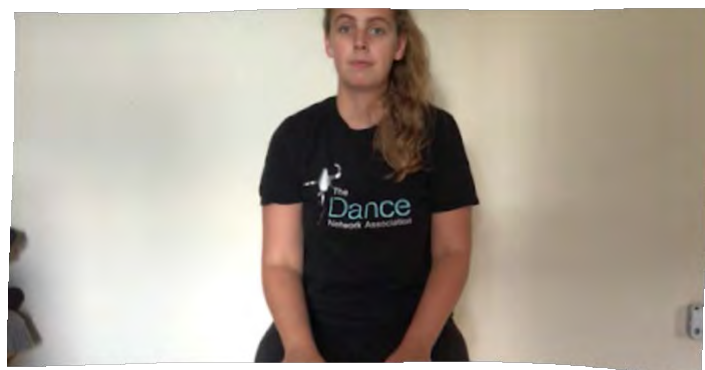
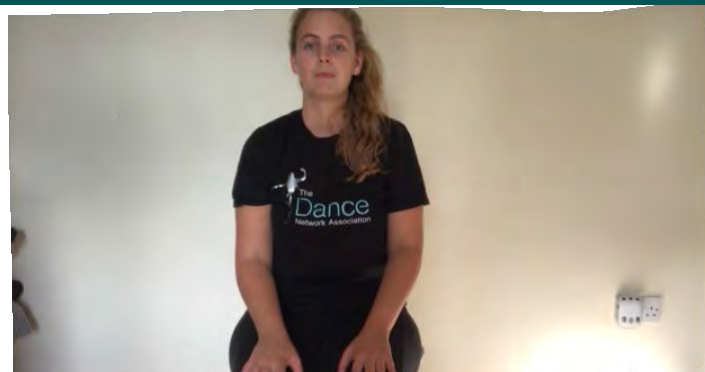
TASK - BREATHING IN COLD AIR.

Start by sitting up nice and tall on your chair, finding an upright posture where your shoulders are relaxed and your chest is open.

Breathe in for a count of 4. Hold at the top for 1 count, and then breathe out for a count of 4.

Take the counts nice and slow, focusing on controlling your breath.

This can help when wearing a face mask, or being out in the cold winter air, filling up your lungs with some fresh circulated air.



EXERCISE 9 - STIRRING A BOWL.

TASK - MAKING SOUP.

Bring your hands together, clasping them in front of you.

Imagine you have a giant pot of something sticky (maybe porridge or honey) and you want to slowly stir the mixture.

Stir 4 times and then reverse the direction for another 4 counts.

You can repeat this as many times as you like. Really think about planting your feet down into the floor and reaching with your upper body.



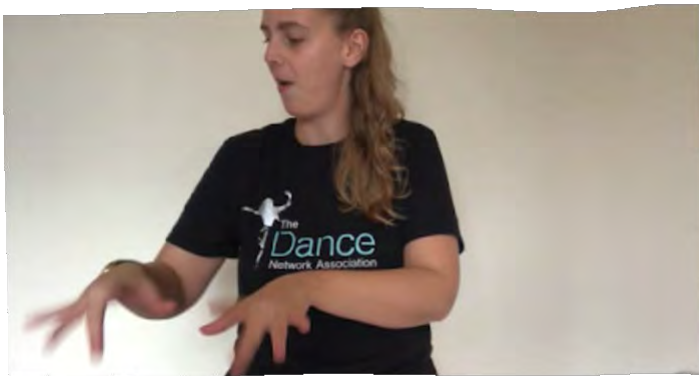
EXERCISE 10 - ROYAL WAVE (ROTATION OF THE WRISTS).

TASK - WAVING TO SOMEONE.

Start by supporting your elbow with your opposite hand, keeping your arms at chest height, in an L shape.

Rotate your wrist around in a circular motion for a count of 8, and then reverse the direction of rotation for another count of 8. Swap arms and repeat on the other side.

Find a music track you like and rotate along with a steady rhythm.



EXERCISE 11 - PLAYING THE PIANO (STRENGTHENING FINGERS).

TASK - BRUSHING YOUR TEETH.

Imagine you have a grand piano in front of you! We invite you to play the grandest piece of classical music on this piano.

Make sure you're using every single finger and work your way along the keys, from one side of the piano to the other.

You may wish to put on your favourite piece of music that has a strong use of piano & play along with it.

This exercise which focuses on the articulation of your fingers helps combat things such as Dysdiadochokinesis and is great for arthritis.

EXERCISE 12 - PLIES (BENDING LEGS) WITH ARMS.

TASK - PICKING UP YOUR SHOPPING BAGS.

Standing strong, find a stable position (you can use a chair for support and balance).

Keep your feet facing forward (like train tracks or the number eleven) hip width apart.

Take four bends in your knees, keeping your feet planted into the floor, sending your weight straight down underneath you.

Make sure your knees are tracking over your toes and your back is straight.

To develop this, you can add in arm movements too.

Reach both arms up and as you bend your knees reach your arms down your body, along your legs, reaching towards your knees/toes.

Make sure your back is still straight and you're not sticking your bottom out. Only reach as far as you can without compromising the technique.

Try and think of these pointers as you do your daily tasks, such as picking up some shopping bags!

Remember to keep soft bends in the knees to support your back!

If you have high blood pressure please do not complete this task standing, try this in a chair and only bend over a small amount so you do not feel dizzy when you return to a neutral position.



EXERCISE 13 - STRESS BALL SQUEEZES (ARTICULATION AND MOBILITY OF HANDS AND FINGERS).

TASK - WRITING CHRISTMAS CARDS.

Take your stress ball (DNA has a heart shaped stress ball in our props package) and hold it in one hand.

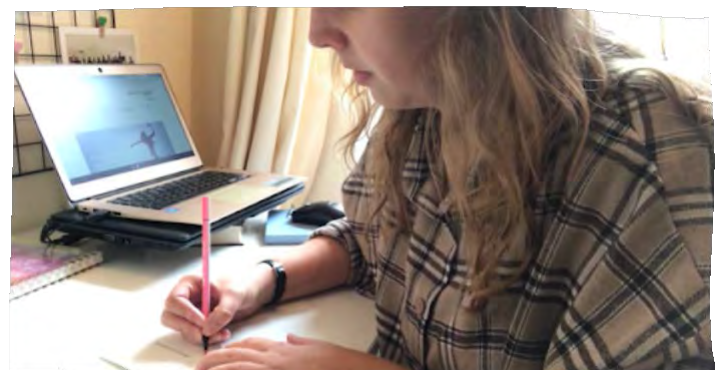
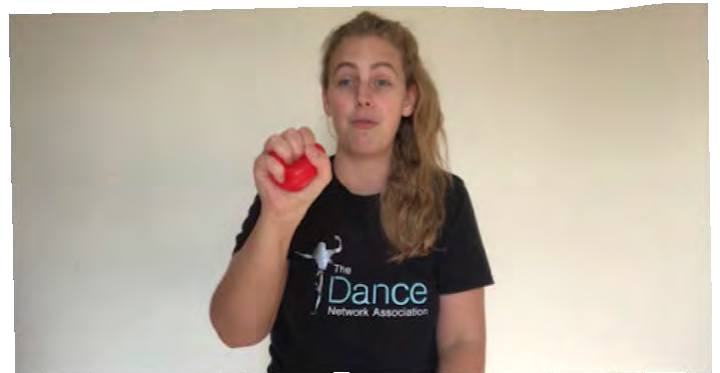
Squeeze your fingers around the ball tightly, and then release. Repeat this 8 times.

Then swap hands and squeeze and release another 8 times.

You can take the squeezes in any direction around your body, or you can keep it static in front of you.

You can then try the same exercise just using each finger, one after another with your thumb. Like in Exercise 2. Make sure you give your hands and wrists a little shake following a few squeezes.

You might want to squeeze in time with some fun, upbeat music!



EXERCISE 14 - FACIAL MASSAGE.

TASK - WASHING YOUR FACE.

To awaken, bring oxygen and energy to the face.

Start by rubbing your hands together to build up some warmth.

Place your hands gently on your face, feeling that warmth spread across your face.

Press your hands into different areas of your face to continue that warmth.

Start to massage around your eye sockets. Use your index fingers to draw circles around the sockets.

Gently pinch your eyebrows from the middle out to the end.

Gently pinch your earlobes.

Like raindrops falling down, using your fingertips, gently tap around the face.

Bring those gentle taps down to your neck and across your collarbone.

Finally, brush with the palm of your hands from the crown of your head, all the way down off your shoulders and chest.

EXERCISE 15 - UPPER BODY TWISTS & LEG EXTENSIONS.

TASK - GETTING OUT OF BED.

Sitting up tall in your chair, scoop both arms up past your sides and above your head, extending as far as you can.

Palms of the hands meet in the middle and press into each other.

Bring your hands into prayer position down in front of the body in line with your chest bone then press away, back up above your head and release back down to your sides pressing the palms of the hands towards the floor.

Repeat this, however as you finish the prayer movement, keep hands at chest height, palms pressing still, and gently twist your torso to one side. Bring back to centre, press away, back up above your head and release back down to your sides.

Repeat this second step, this time twisting to the other side.

Relax your arms by your side, or holding on to your chair for support, extend one leg away from your body.

Flex the foot out in front of you, point the foot as you return the leg to the floor.

Repeat this with your other foot. These actions will help your mobility, flexibility and strength and support you to perform tasks like getting out of bed in the morning.

EXERCISE 16 - MARCHING WITH A THERABAND.

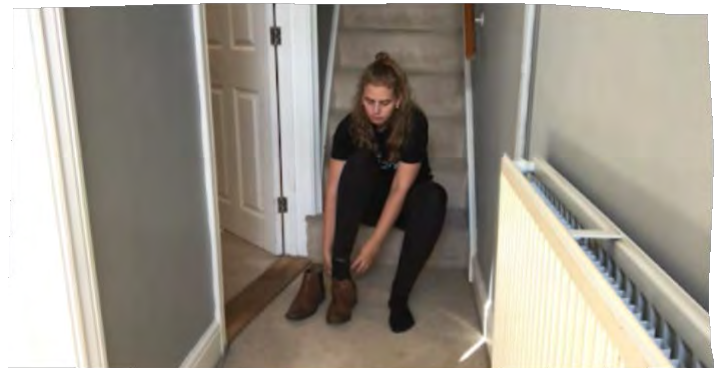
TASK - PUTTING ON SOCKS/SHOES.

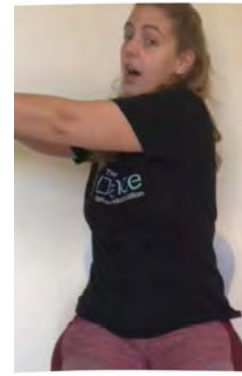
Relax your theraband over your lap, holding on to each side of your material closest to your knee.

Start by bringing one knee up towards your chest feeling the tension on the band and then place your foot back down.

Swap to the other leg, raising and lowering your knee.

March for a count of 8, raising your knee as high as you can, and resisting against the band.





EXERCISE 17 - OPENING AND CLOSING ARMS WITH REACH AND TILTS.

TASK - READING A PAPER/MAGAZINE.

Start with your arms reaching out wide to opposite sides of the room, take the energy all the way through to your fingertips.

Bend at the elbow with one arm, and reach your hand across the body, all the way across to your other hand. Extend it out wide, taking a semicircle out in front of the body so your hands and arms return to the starting position.

Repeat this on the other side.

Next, keep your arms out wide at shoulder height, tilt your torso only so one arm is reaching up in a diagonal direction and the other to the bottom diagonal.

Similar to the start of the exercise, bending one arm at the elbow and reaching across the body to the other hand.

Repeat on the other side.

Come back to neutral position and then tilt to the opposite diagonal to start the exercise on the other side of the body.





RESOURCES

THE DNA PROP BAG including a variety of props to support dance and movement and both of our DVD's. Just £30.00!

Our prop bags include all props used throughout this booklet, such as: a theraband, ribbon, scarves, heart shaped stress ball and feathers.

Explore them in the comfort of your own home to your favourite music or follow and dance along with the DNA Team from the DVDs.

You can also purchase the DVD's individually without the Props Package.

Dancing with Parkinson's DVD £15

Dance for Older Adults DVD £15

FREE UK postage and packing included (DVD's only)

To order yours contact:

Email: info@dancenetworkassociation.org.uk

Phone: 07490 37 47 17

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