



DANCE IT OUT

SMALL GROUP ACTIVITY

5+ MINUTES

- Lead this quick cognitive warm up to build attention, nimbleness and self-awareness, as well as group connection.
- Play popular music from your music library for this activity.
- Have the students stay seated. Working clockwise and moving quickly, ask students one at a time to add a “dance move” to the song. No repeats. Have students keep adding moves until time is up.
- Option to have students continue their own dance moves throughout the workout.
- Option to ask students to repeat the dance moves that were done before them before adding their own move.
- Have everyone clap or snap their fingers to set a good pace.
- Encourage distance learners to join in from home.

Hello! I’m glad we are all here for our Total Brain Health “Brain Play.” These fast-paced workouts are an important way we can keep our thinking focused, quick, and nimble.

Today’s Brain Play is “Dance It Out.” Let’s practice getting our groove on to the music. We’re going to go around the room starting with (name of student). Each of you will demonstrate a dance move while staying seated. Your move could be anything from “Jazz Hands” where you shimmy your hands back and forth to tapping your shoe on the floor or swinging your arms. The catch is that no repeats are allowed. Ready to dance it out?



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TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

Dancing has beneficial effects on the brain. It's been shown to reduce stress, increase levels of the feel-good hormone serotonin, and help develop new neural connections.

BUILD YOUR BRAIN

Pick a few dance moves from the list below to create a dance combination. Listen to some of your favorite tunes and practice getting your groove on using a dance sequence you create. Stay seated while dancing for added safety.

Jazz Hands! Hold your hands, palms forward, around waist high. “Shimmy” them back and forth to the beat of the music like you are waving to the audience.

Tap Clap. Tap your feet, then clap your hands to the beat of the music.

Leg Kick. Find your inner dancer, and gently kick your legs out one by one to the beat of the music.

Cane Twirl. Gently stretch your arm out in front of you, like you are holding a cane, and make small circles clockwise to the right. Next, reverse direction and make small circles to the left. Try it with the other hand.

Side Swing. Arms bent and elbows at your side, gently sway hands side to side to the beat of the music.

Dancer’s Choice. Pick your own favorite dance move and add it to the list.

Take A Bow. At the end of a song, take a Broadway-style bow.
