

Pom-pom warm-up

Dance and movement

10 minutes

You will need:

Pom-poms with handles,
2 per person

Selected music

An audio device

Large groups

Dementia-friendly



Fun
Stimulating
Joyful

This activity can be a warm-up as part of a wider session or used on its own. It uses props to stimulate and enhance physical movement and sensorial feedback, develop reflexes, and bring in enjoyment and fun.

To prepare:

Set out a circle of chairs for your group. A hard-back dining chair with no arms is preferable, but the activity is also possible in an upright armchair.

Choose music to accompany your activity. This is crucial to tailor the intensity of the movement and make the activity relatable to the participants: it can be of any style, tradition or era but should be more upbeat for the active elements, and more serene as you finish off.

To begin:

Use the pom-poms to warm up the body, dancing and moving to the rhythm of the music. Awaken the different parts of the body by touching and brushing them with the pom-pom. Long strides are better, for example: you could brush your shoulders, your feet, your head, etc. You could also brush the space around you – up in the air or to the side – to add more stretches. Try to make sure that all parts of the body are included and that you alternate between small actions and larger actions, taking advantage of the extra length that the pom-poms provide.

Can they think of any movements that they would like to add to warm up the body?

Next:

Use the music to add some moves that take advantage of the swishing sound of the pom-poms. *Can you swish them high in the air? Low to the ground? In a circle one way, and then the other? How else can you move the pom-poms?* You could also gently throw the pom-poms in the air and catch them. You could try this as individuals, and then pass the pom-poms across or around the circle.

To finish:

Cool down with some gentle swaying, covering the area around the body which can be reached by easily extended limbs. Use appropriate breathing, slowing it down and making it deeper to reach a point when the activity can be stopped.

Credit:

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with Know Dementia.

