

Dance on: *Feeling Good*

Dance and movement

20 minutes

You will need:

Music: *Feeling Good*
by Michael Bublé

An audio device

Chairs, for seated participants
(harder chairs like dining chairs
are best)

Lyrics of the song,
for the facilitator

Large groups
Dementia-friendly



Gentle
Energising
Uplifting

This gentle dance offers simple movements set to lyrics to wake up the body, mobilise the joints and stimulate the senses. It is a wonderful way to lift mood through movement.

To prepare:

If you are using chairs, set them out in a circle or in lines depending upon what works best for your space and group.

To begin:

Invite your participants to decide if they would like to sit or stand to take part in the activity. For participants who are seated, invite them to shuffle forwards on the seat, lengthening up through the spine by imagining the head as a helium balloon, floating towards the sky. For participants who are standing, invite them to put their feet together and stand tall with a straight spine. This should help everyone feel long and strong and ready to go!

Next:

Explain to the group that you are going to listen to a piece of music together and then create your own sequence of movements to go with it. First, listen to the music and then ask if anybody knows it already. *Where have they heard it? Do they know this version or another? Is it a piece of music they like?*

Once you have listened to the music, explain that you are now going to come up with your own movement for each line of the song. As a group, go through the song line by line and come up with a movement idea for each.

It is a good idea to spend some time practising each movement together. As you do this, it is important to encourage the participants to find what feels good for them. If a movement does not feel right in their body, they can make it smaller, adapt it to suit them or move more slowly.

We have shared some ideas for movements but these are just suggestions. Feel free to come up with something totally different yourself! Don't worry if you don't manage to come up with movements for the whole song – start with one verse and a chorus and then add more if your group is having fun!

To finish:

Put the music on and enjoy trying all of your movements together!

You could also:

If you enjoyed this activity, why not try and add movements to other songs that you like?

Credit:

Yorkshire Dance / Rachel Clarke
& Izzy Brittain. Developed
in partnership with OPAL,
Welcome In Community
Centre, Leeds.







Feeling Good movement suggestions

Verse one

'Birds flying high': lift one arm up and down slowly to the side like a bird.

'Sun in the sky': lift the other arm up and down slowly to the side like a bird.

'Breeze drifting on by': lift both arms up and down slowly to the sides like a bird.

Chorus

'It's a new dawn': push one hand out to the side until the arm is extended and hold the position with flexed hand.

'A new day': push the other hand out to the side until the arm is extended and hold the position with a flexed hand.

'A new life for me': lift both arms up and down to the side like a bird.

'And I'm feeling good': jazz hands on both sides bent at the elbow; twinkle the fingers and then shimmy-shake the shoulders.

Instrumental

Step to the side with one foot and tap the other foot next to it; alternate sides and swing arms from side to side. You can include clicks.

Verse two

'Fish in the sea': arms out to one side making sea/wave-like gestures.

'River running free': arms out to the other side making sea/wave-like gestures.

'Blossoms on the tree': both arms reach up the body to the ceiling; both arms sway/wave from side to side as they come back down again.

Verse three

'Dragonfly out in the sun': taking your time, both arms come up to the sides in a strong line making a T-shape with the body ... both arms reach forward until palms touch ... both arms go backwards to the T-shape ... and then both arms come back down to your side.

'Butterflies all having fun and sleep in peace when day is done': repeat as above.

'Sleep in peace when day is done': repeat as above.

'And this old world is a new world': both arms reach up the body to the ceiling ... both arms sway/wave from side to side as they come back down again.

