

# Two small dances

## Dance and movement

5-15 minutes per dance

### You will need:

Chairs, laid out in a circle (not too soft; a dining chair is good)

A quiet space to work in where you won't be disturbed

### Optional:

An audio device and an ambient, low-volume soundtrack

## One-to-one



Inspiring  
Energising  
Reflective

These dances offer a way to listen and observe sensations and small movements within the body. For both dances it is helpful if the facilitator does them at the same time as the group to serve as a demonstration.

### Dance one: Breathing dance

Invite your group to sit comfortably, and then to notice where their hands are resting. *Can they feel the warmth their hands bring to that place and the warmth that comes back to the hands from that spot on their body?* Then invite the group to slightly lift their hands and then drop them into their lap. *Can they notice the weight of their arms and hands as they fall into your lap? And how their hands feel as they move and settle?*

As your group moves, don't rush! Allow participants to focus upon the sequence of small changes and shifts that occur around their bodies.

Next, ask them to sense and feel the movements, big and small, that their breathing creates throughout their body. *Can they feel a sense of rising and falling? And a sense of expanding and contracting?* Then ask them to imagine and sense the touch of clothes against the surfaces of their skin sliding downward as they let the breath out.

As the group breathe in and out, invite them to let their bodies shift and move to ease any tension they might be experiencing.

At this point you may choose to end the activity, or you may move onto the second dance.

### Dance two: 'Let your eyes follow your hands...'

Invite your group to look at their hands and enjoy the ripples and lines creating patterns and landscapes on their palms. Then ask them to lightly brush their hands across each other and feel the softness and textures of the skin.

As they get used to observing the brushing movement in a focused way, they can begin to allow their hands and arms to move, following them, keeping their eyes on their hands.

Suggest that they stretch their fingers away and follow the line of their arms to look beyond their fingers as far as they can see. Then trace patterns through the air with their hands and arms. Experiment with having their hands up close to their face and sometimes further away, or with using one arm at a time, and then both together.

### Credit:

Mary Prestidge / Bluecoat  
Developed in partnership  
with Belong.





From time to time, invite the group to hold still and observe how they are. *What is their position and how do they feel in that moment? Where are they in relation to other people and objects in the room?*

If you work gently and slowly, the quality of looking and seeing will change. Your engagement with looking will start to become an activity in itself to be explored and enjoyed.

**To finish:**

Invite your group to move their focus from inward to outward, and to take a couple of deep breaths with long inhales and exhales. Then gently move their upper body together – shoulders, arms, head, neck, and do a seated twist of some kind. Next, move their lower body together – legs, ankles, feet, toes. Finally they can rub their hands together to create a tingling sensation and finish with a big stretch.

