

# This hand held

## Dance and movement

### About 30 minutes

(but can be longer or shorter depending on group needs)

### You will need:

A4 Paper

Pens or pencils

Clipboards or hard surface to rest the paper on

## Large groups



Fun  
Relaxed  
Physical

A storytelling activity that brings people together to share experiences of relationships, friendship, care and love. It can develop into a joyful, gestural choreography, adaptable to a variety of different needs.

### To begin:

In pairs, invite your participants to take it in turns to draw round each other's hands. Then ask participants individually to think about special people who have held their hand. Invite them to jot down the names of those people along the fingers of their drawing.

Next, ask people to choose one of the people that they have written down to concentrate on with their partner. Ask the pairs to tell each other about their chosen person – what they like doing, what they're like as the person, how they make them feel, things they've done together and why they are special.

### Then:

In the palm of their drawing, ask participants to write some keywords that relate to their chosen person. They then choose three of those words and find a gesture for each. They then decide an order for these three movements and share them with their partner.

### To finish:

The pairs teach each other their sequences and put them together to make a longer sequence. Once they have done this, you could allow time for each pair to share their sequence with the rest of the group.

### You could also:

Bring two pairs together and ask them to teach and join their sequences together, and then perform to the group.

As you are making your sequences, remind everyone that there is no right or wrong. They should just play and have fun. In order to create a relaxed yet creative atmosphere, it can be a nice idea to play some relaxed background music.

This activity is a lovely one to explore with intergenerational groups. It would work really well if children are visiting a setting, or it's a lovely thing for a grandparent to do together with a grandchild.

### Credit:

Moving Memory Dance.  
Developed in partnership with House Residential Home Canterbury, Medway Age UK, Thanet Age UK, and Community friends of local primary schools.



