

DIFFERENT DRUMMER

DANCE

May Bloom & Grow Brain Dance

The Brain Dance is a series of 8 exercises developed by Anne Green Gilbert that recreate movement patterns that humans move through in the early years of their life. Moving through these exercises in order has shown to be beneficial for babies and adults; it helps to reorganize the central nervous system, stimulate the neurological system, reduce stress and increase energy. Follow these in the order they appear, and use the videos on the [YouTube channel](#) for visuals. Have fun, be silly, and Happy Dancing!

Katrena

BREATH

There are lots of beautiful flowers and buds and plants springing up all over! (Name some with your students, or ask for some favorites.) We're each going to pick a dandelion to make wishes with. Everyone ready? Pick your dandelion and take a big breath in – now blow all the petals far, far away (long breath). Now do the same, but blow them close to you (short breath). Now try blowing the petals one at a time (short puff like breaths). And then.... You have to sneeze! A-a-aaachoooo!

TACTILE

Spring is also when new creatures are born and come into the world. We're going to turn our fingers into little mice and make them run up and down our body while singing Hickory, Dickory, Dock. Pat your hands down your legs while you sing 'Hicory, Dicory, Dock', then tickle your fingers up your legs and body while you sing 'the mouse ran up the clock', reach your hands up to the sky and point your pointer fingers up while you sing 'the clock struck one', tickle your fingers down your body to your toes on 'the mouse ran down', and finally, pat your legs while you say 'hickory, dickory, dock'. Repeat this rhyme through till 4.

CORE/DISTAL

All flowers and plants start as small seeds before they grow into beautiful plants, so let's do the same thing with our bodies. Starting on the floor (sitting, lying down or crouching), make your body very small, then grow big, bigger, and biggest,

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stretching up until you try and touch the sky! Then reverse the movement and lower your body down to where you started from. You can challenge dancers by getting them to try this on one leg, by going slow to fast, and fast to slow.

HEAD/TAIL

Now we're going to go on a little trip, and we're going by boat! So sitting down, put the soles of your feet together to make a diamond, and that will be our boat. Now we're going to rock side to side while we sing 'Row, Row, Row Your Boat'. Then, take a look around (isolate the head and look around the room) and see if there are any pirates about. Yes? No? Repeat the rocking and singing. Now this time, there IS a big wave, and you have to duck your head down to your toes so it doesn't crash your boat!

UPPER/LOWER

Oh my goodness, we had to abandon ship and jump overboard! Get on your tummies and we'll have to swim for it! Our toes are stuck in some seaweed, so we can't move them, and we'll have to swim with just our arms – GO! Great! Uh oh, now our arms have gotten really tired and we have to kick our legs to get free, so kick your legs only – GO! Finally, you make it to a safe shore, whew!

BODY SIDE

Lie on your back to look up and the ceiling, and let's work to paint rainbows on the ceiling with our hands and toes. Reach your right arm and leg up, and move them out to the side and back to the center, in the shape of a half circle/arc – the same shape as a rainbow. Do the same thing with your left arm and leg. Talk with students about the colors of the rainbow (some might know a song to go along with the colors of the rainbow).

CROSS LATERAL

Ok, this one is SUPER fun and silly! Maybe like you've had too much juice on a warm spring day 😊 Sitting down, we're going to sing Head, Shoulders, Knees and Toes while we tap the corresponding parts of our body, but we're going to mix up the sides of our body. So for example, tap your left side head, shoulder, knee and toes with your right hand, and then do the other side of the body! Make is super silly by trying it on your back, standing up, or on your stomachs!

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VESTIBULAR

Let's move around the room like some of the animals we see coming out in spring (bunnies, turtles, birds, snakes, horses, etc). Some of these should be animals that are low to the ground where kids can crawl or slither.