



Performing Arts

Movement

Performing Arts covers a wide range of activities that can be good exercise for residents, especially those with low mobility. Simple rhythm activities and calming movements co-ordinated with breathing can be fun when done in a group.

The following exercises can be done sitting down or standing:

With lively music playing, encourage residents to tap their feet or clap their hands to the beat: E.g. 8 taps on head, 8 on shoulders, 8 on tummy, 8 on the lap (thighs). Then repeat with 4 taps each, and then 2 taps each, increasing the rhythm.

With melodic music playing, encourage residents to raise their arms on the in-breath and lower them on the out-breath.





Performing Arts

Costume box

A fun activity can be to explore costumes. Perhaps you could collect a small costume box of hats, scarves and coats, donated by staff or bought from charity shops.

Residents can choose an item of clothing and create a character or story. If someone doesn't want to dress up, ask them questions about another resident wearing a costume.

- **Who are they?**
- **What's their story?**
- **What are they doing?**

Residents can really let their imaginations fly!





Age Cymru

Phizz-whizzing

Performing Arts

Your favourite story

Everyone has a favourite book, film or story. This exercise enables residents to talk about the stories they love, sharing memories and getting to know each other.

Collect some old magazines so that residents can cut out pictures and make collages, before explaining their story to fellow residents and staff.

If possible, print out photos of each resident so that they can include themselves in their collage story.

Perhaps residents could dance under an umbrella like in *Singing in the Rain*?

Or be part of one of Roald Dahl's stories?

The creative possibilities are endless!





Performing Arts

Create a group story

Creating a group story is a fantastic way of getting everyone involved in an activity that encourages imagination and ideas!

Collect some random objects: marbles, a pair of glasses, an odd glove, various food packaging, a garden pot, bits and bobs from a charity shop.

Place the objects in a bag or box and ask residents to take one object out at a time. Then ask the residents to add the object to the story they're creating.

Take another object and continue the story. Don't worry about the story being wacky or nonsensical. The key is to include all residents who are keen to take part, and all the objects.

Write the story up afterwards and read it back to the group so everyone can hear the story they've helped create!





Performing Arts

Performing stories

Some people are nervous at the idea of performing, but performing doesn't need to be a big deal. Reading a poem or showing how a fish moves with your hand can be performing if done for others.

An easy way of encouraging residents to perform stories is to give residents a simple story such as The Little Mermaid.

Give the residents a selection of props such as coloured material, shells or seaweed, then encourage them to create a storm or an undersea world using their props and their voices to create sounds.

The results can be very effective.

Find stories with a few different locations (a forest, on a boat, a train station, etc) and assist residents in creating their own scenes with props, sounds and music.

