**Braindance**

Introduced and developed by Ann Green Gilbert, teacher in creative dance.

Gilbert, Ann Green (1992): *Creative dance for all ages*, American Alliance for Health, Physical Education, Recreation and Dance

Can be done with children from lying position and with grownups from 6 years.

It shows moving patterns.

1. **Breathing:**
do 4-5 deep inhales – and exhales. Fill out lungs and stomach. Feel how your body is restricting and expanding.
2. **Tactile:**“Awake” you skin with your hand. All over your body you touch, dash, tap, wave the skin awake. At the end you brush the skin.
3. **Core – distal:**Movements from the center out to the periphery of the kinesphere, as distal as you can. Come from the big X to the little O in different ways.
Can be done standing, lying, sitting.
Seastar.
4. **Head – tale:**Movements connecting upper part of the spine with lower part of the spine. Flex and extend your spine. Flexibility.
Standing: Roll-up. Like a snake.
On all 4 like a tiger.
5. **Upper body – lower body:**let your lower limb be grounded and stable and move your upper limb, like a tree.
Change:
Lying: lower part is flexible. Isolation. Frog.
6. **Bodyhalf – homolateral:**make a big X with your body, draw a line through the body in the center. Dance with one side of the body whilst you freeze with the other. Change.
Close and open the two bodyhalves as a book.
7. **Bodyhalf - Contralateral:**Crawl upon a imaginary wall, both homo and contralateral. Like a lizard.
8. **Vestibular:**Swing you upper limb and head up and down from one side to another. Spiral around yourself on the floor for 15 seconds, then the other way.
Be sure you are “upside down”. Take deep inhalations/ exhalations.