

# GRASS

Films

## Insect Hands

### Sensory Dance Activities

Welcome to the Grass Films activity pack. It contains sensory dance ideas for you to explore. You can do these activities inside or outside – it would be perfect if you can find a patch of grass to explore on!



- ✳ *You will need a bit of space; depending on how much you can and would like to move. This could be on the floor, in a bed, standing sling or chair, with a walking aid etc.*
- ✳ *Explore in a way that is comfortable for your body. Remember there are no rules, enjoy these invitations playfully.*

## Warm Up & Cool Down

It's important to get our bodies warmed up and ready for moving and to cool down again once we are finished.

### Warm-up suggestion:

*Imagine you are a grass seed and curl up small*

*Imagine the sun warming you up*

*Stretch up taller and taller as your grass grows*

*With your arms up, slowly stretch forward and backward, side to side*

*Take a deep breath and slowly roll down to touch the floor*

*Lie on the floor and stretch your whole body*

*Curl back into your seed ball*

*Repeat 2 to 3 times*

### Cool down suggestion:

*Lie down on the floor*

*Imagine you are lying on grass – how does it feel?*

*Can you feel it on your back/legs/side?*

*Gently stretch your arms and legs*

*Take several deep breaths in and slowly release them*

*Relax into the 'grass'*



## Activity One

Let's explore moving like insects:

*Can you wiggle your fingers like spider legs? Quickly and then slowly?*

*Can your spider find some hiding places? Where can they hide? In a tree? A bush? Under a table? Behind the sofa?*

*Can you make your spider creep on different parts of your body? How does it feel?*

*What other mini-beasts can you make with your hands? A butterfly or grasshopper? A worm or snail?*

**Sensory Tip:** Can you creep your hands and feet on different textures – how does this feel?

## Activity Three

Let's explore moving in the rain:

*Can you imagine moving your hands through the rain?*

*Can you stretch up high to where it starts?*

*Can you reach down low to where it stops?*

*Can you catch some of the water in your hands?*

**Sensory Tip:** If someone is supporting, they could pour water with a jug, watering can or hose or even go out in the rain! Use a container on a lap or floor if needed to catch the water.

## Activity Two

Let's explore feeling grass with our hands and feet:

*Can you imagine scrunching your toes into the grass?*

*Can you imagine spreading them wide?*

*Can you flick the grass with the tips of your fingers or toes?*

*Does your grass feel wet or dry?*

**Sensory Tip:** You could prepare cut grass in a tub/or rub grass in your hands to release the smell. If you are being supported by someone, they could gently move it around for you to follow as you move.



## Helpful Tips

If supporting those who have restricted or limited movements, please ensure you offer experiences of these movements. This may be:

Supporting limbs gently using scarves to enable independent movements, where possible

Encouraging participation through their own ability to move, even slight movements of limbs, head, eyes, stiffening and relaxing etc.

If the participant requires physical support to experience movements, then please share the movements with hand under hand

Please be aware of any grass allergies!





## Insect Hands Dance

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### **Let's make an insect hands dance...**

This activity can be done at home or outside – ideally find some grass to move on. Think about the Insect Hands film. What did you see? What did you explore? What movements can you remember? Now, let's make our own insect dance.

-  **Step 1: Choose 3 movements that you explored in activities 1-3. Perhaps you moved your hands like a butterfly or a spider?**
-  **Step 2: Put these movements into an order and practice them one after each other.**
-  **Step 3: Choose a starting point and an ending position.**
-  **Step 4: Now put them all together! Practice dancing them and share with your friends or family. You can share with us too #MyInsectDance #GrassFilms**



## Insect Drawing

This activity is designed to be done outside. You could print the sheet to take with you or bring along a plain piece of paper. You might also like a camera and some pencils or crayons.

**✳ Let's go on a bug hunt! Find a green space near you to explore – your garden, a local park or woodland...**

Can you find an insect...?

**o With 8 legs?**

**o With no legs?**

**o That can jump?**

**o That can fly?**

**o That has a shell?**

**o That moves quickly?**

**o That wriggles?**

**o That moves slowly?**

*Can you draw one of the insects you find? If you have a camera you could take a photo and draw it at home, or have fun drawing outside!*

