

## Sunny Days

### Sensory Dance Activities

Welcome to the Sunny Days Film 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 little 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*

*With your arms up, slowly stretch forward and backward as the wind gently blows you*

*Stretch up taller and taller as your grass grows*

*Lie on the floor and stretch your limbs up tall and sway in the breeze*

*Curl back into your seed ball*

*Raise your arms and slowly stretch one side then the other*

*Repeat 2 to 3 times*

### **Cool down suggestion:**

*Lie down on the floor*

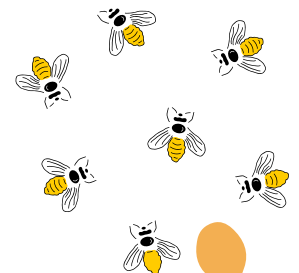
*Imagine you are lying on grass - how does it feel?*

*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 jumping:

What does jumping on grass feel like? Feel the bend in your knees and pressure in your feet.

**Can you jump high? Can you jump low?  
Can you jump side to side?**

**Can you experience jumping hands,  
arms, eyes, fingers?**

**Can you jump on the grass yourself or  
support your partner to jump?**

**Can you use your eyes to watch someone  
jumping up and down?**

**Sensory Tip:** Experience jumping in bare feet!  
How does it feel? Soft or tickly?



## Activity Three

Let's imagine a buzzing bee:

Can you or a partner make a buzzing bee sound?

**Can you follow the bee with your eyes?**

**Can you follow the sound of the bee with  
your ears?**

**Can you follow the bee with your body  
and move like a bee?**

**Sensory Tip:** Those supporting can use their fingers and make buzzing sounds or make a bee and put on a stick for the participant to watch. Ensure you move at a speed that the participant can follow with their eyes.

## Activity Two

Let's explore rolling:

What does rolling feel like? Where can you feel the roll? Can you feel the squash and squeeze on your body?

**Can you roll forward and backward? Can you  
roll fast and slow?**

**Can you roll towards and away from something  
or someone?**

**Can you explore rolling different things like  
balls, tubes, wheels? Roll them on your body  
and roll them across the ground**

**Can you lie on a blanket and be rolled?**

**Sensory Tip:** Those supporting could help to roll using a blanket or slide sheet, be gentle and slow, support the movements.

## 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.

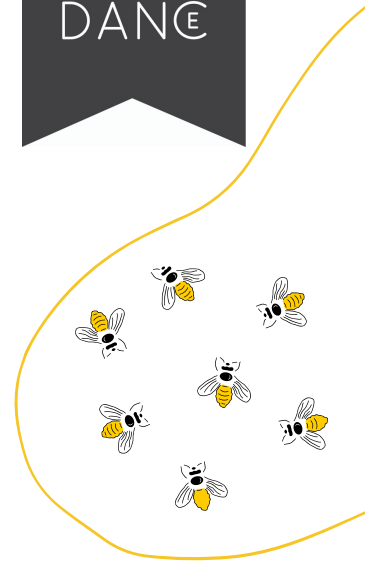
Encouraging participation through their own ability to move, even slight movements of limbs, head, eyes, stiffening and relaxing etc.

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

Please be aware of grass allergies!







## Grass Dance



### Let's make a grass dance...

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

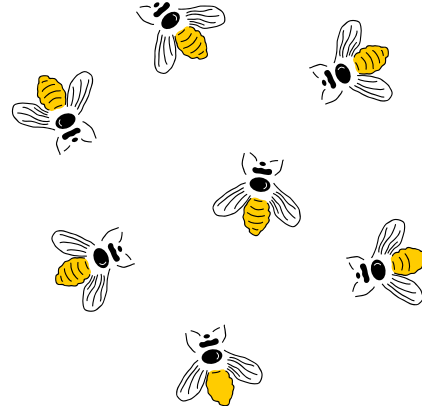
-  **Step 1: Choose 3 movements that you explored in the movement exploration above. Perhaps some rolling and jumping**
-  **Step 2: Put these movements into an order and practice them one after each other.**
-  **Step 3: Choose a starting and ending position.**
-  **Step 4: Now put them all together! Practice dancing and put on a performance for your family and friends. Or share with us #MyInsectDance #GrassFilms**



## Nature Rainbow

This activity is designed to be done outside. You will need a small bag or container, glue or double-sided sticky tape, card (thick enough to stay rigid).

In this activity we are going to explore nature by smelling, feeling and listening. Find a green space near you, it could be a park, garden or wood.



**Step 1: Look around you and see if you can find and collect items that match the colours of the rainbow. Red, Orange, Yellow, Green, Blue, Indigo, Violet. Hunt for leaves, flowers, seeds, nuts, stems, grass... try to find something of each colour.**

**Step 2: Take your collection home and stick it onto your pieces of card using tape or glue.**

**SENSORY TIP:** Look closely, smell the flowers, leaves, herbs and listen for the sounds around you. As you move from place to place to explore different colours, can you buzz like a bee, flutter like a butterfly, or creep like a spider?

