

## Sample Tasks – Ana Jorge

### Class for students with Dementia – seated exercises

#### Task 1 – Passing props with development

This can aid introductions, connections and break barriers. For example, pass the ball

- to others across the circle
- to someone saying their name
- to someone wearing blue
- to someone with curly hair

#### Task 2 – Gentle physical chair based warm up with developed repetitions

These can be adapted, depending upon the level of the participants. Here is an example of a mainly chair based warm up

##### **Hands:**

- Open and Close hands – 4 times
- Playing the piano
- Rolling the wrists

##### **Arms:**

- Waving of hands
- Rotate the arm from the elbow
- Circling the arms from the shoulder

##### **Shoulders:**

- Lifting (shrugging) shoulders
- Roll of shoulders

##### **Feet:**

- Rolling through the feet
- Stretching the legs, flexed feet
- One leg in front and then the other one and change on the song rhythm.
- Marching in chair

#### Task 3 – Imagery

A few ideas for imagery based ideas for movement, led by the teacher

- Opening and closing windows
- Washing the clothes and hanging them up

- Cutting hair
- Baking bread
- Painting (using different body parts to lead)
- Swimming
- Canoeing
- Hula hoop

#### **Task 4 – Use of soft materials**

Different textures, props and lengths of materials. This can create visually effective in class performance and help participants to extend beyond their normal movement range.

- Scarves or ribbons for light movements
- Bubbles or feathers for breath work

These tasks are most effective when coupled with imagery and music to help participants to remember sensations or past experiences.