



RAISE PRACTICUM EXEMPLAR ACTIVITY TEMPLATE

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Art Discipline: Dance, Music, Theater

Title of Activity: Brain Dance Warm-Up
Exemplar Focus: Warmup Activity
RAISE Connections: ☒ Social-Emotional Learning ☒ Healing-Centered Education ☒ Culturally Responsive-Sustaining Pedagogy
RAISE Principles ☒ Community Grounding & Routines ☒ Creative Choice & Voice ☒ Emotional & Somatic Engagement ☒ Interpersonal Belonging & Relationships ☒ Reflection & Radical Imagination
Summary: Brain Dance is an 8-step developmental sequence created by Dr. Anne Greenberg to increase brain focus, flexibility, memory, and integration of topics, and when done with an SEL approach of asking students to share how they feel like moving, it creates an inclusive environment and a culturally diverse space where healing takes place through mirroring technique, leading and sharing.
Rationale: Brain Dance can be used as a warm-up either standing or sitting, It can be used to explore classroom standards and topics, and it can be used prior to testing. It is scientifically proven anybody who engages in brain dance improves scores and brain activity by 75 %

Goals:

Students will be able to explore, co-create and express personal ideas about topics, while recalling the 8 steps sequence of the brain dance and expressing their own ways of connecting to the idea.

Teachers will be able to provide an increase in student's focus, memory and understanding.

Materials and Supplies Needed:

Your body, a Circular format, perhaps some Music related to what you are exploring

Outline: *Please share a step-by-step outline of the activity. Please include your prompts or questions you will use.*

There are 8 steps to the brain dance - provide visuals

Step 1 - Breath

Step 2 - Tactile movement

Step 3 - Core Distal

Step 4 - Head and Tail

Step 5 - Top and Bottom

Step 6 - Body ½ - Left and Right

Step 7 - Cross Lateral

Step 8 - Vestibular Spin

Questions: How does your body feel like moving? Show me/ Let's Mirror what a participant is doing/ How else can your body move following the steps?/ How can you connect it to a topic you are learning?

[Brain Dance Visual](#)

Any Additional Comments:

You can explore a variety of music, qualities, topics and subjects, using the 8-step developmental sequence!

