

Wellness Dance

Helpful Materials

Music with a strong beat

Number of Participants

6-50 people (This activity has been done with community health workers, elders, youth, and people of a variety of ages.)

Amount of Time

20 minutes

"I've used this tool many times and love it! Works well with elders and youth."

"Dance is a very important part of our culture and fitting it in with an important lesson is great. We were dancing and learning at the same time. Dancing brings laughter - good for the soul."

"Creating a wellness dance and movements that express self-care was entertaining. It was hilarious and something I won't forget any time soon. Just thinking about it makes me laugh. Our colon dance was quite memorable!"

Invite participants to stand in a circle. Think about all the ways you take care of your health and wellness...physically, mentally, spiritually, emotionally, socially, culturally. Or perhaps there are ways you wish you could remember to take care of your health. Everyday we move in wellness ways and make choices about our health and wellness.

Consider a wellness movement you want to add to your life to live more fully in balance or perhaps a wellness activity that you already do and want to keep doing.

Think of one wellness movement. Examples of possibilities include moving as if you are walking to take care of your physical health, drinking water as a way to support good nutrition, shaking your bottom to represent getting a colon screening exam to help prevent colon cancer.

Turn facing the outside of the circle. When you have *picked* how you want to move your body to represent your wellness movement, *turn* so you are facing the inside of the circle. When everyone is back facing the inside of the circle, *count* to 3 and everyone *shows* their wellness movement together at the same time.

Create a wellness dance by having participants show their movement and then everyone does their movement. Everyone moves trying out each person's wellness movement, feeling a different perspective, creating a wellness community dance.

Depending upon the number of participants and the amount of time you have for the activity, you may need to limit the number of wellness moves to 5-7. Ask one person to share their movement and then everyone does that movement. Then ask another person to volunteer to share their movement. Everyone does the new movement and then does the first movement again. Each new movement is added to the previous movement to create a group dance.

Learning Dance

A variation of the wellness dance can be done by asking participants to work individually or with one other person to create a movement to express something they liked about the learning and one health message they want to remember. Each person or pair of people creates a movement of something they learned as part of the education offering that they want to remember. Ask each person or pair of people to share their movement with the group. Similar to the other wellness dance, movements are added together to create a group learning dance.

Thank people for their participation and sharing.