



## Brain Dance Movement Exercises

The exercises you will perform with “Allison the Adventurer” are based on “Brain Dance” which was created by Anne Green Gilbert. This is a series of eight exercises that activate different parts of the brain. These exercises are based on developmental movement patterns that healthy human beings naturally move through in the first year of life. For more information about Brain Dance please visit: <https://www.creativedance.org/about/braindance/>

Movement Pattern	Definition of Movement	Action with Allison the Adventurer
Breath	Any form of intentional breathing.	Three “Hot Air Balloon” Breaths.
Tactile	Touch, squeeze, tap, brush, pat all body parts.	Put on Adventure clothes.
Core-Distal	Growing/reaching out vs. Shrinking/curling to the core.	Reach out and get big, then curl back to center and get small.
Head-Tail	Move head/neck and hips so that the back moves as one fluid spine.	Move the spine with the current of the river.
Upper-Lower	Upper body moves independently and then the lower body moves independently.	Swimming in the river with arms only and then walking through the forest to Smiley Tree.
Body-Side	Move all parts on the right side of the body, then all parts on the left side of the body. Horizontal eye tracking.	Standing Leg Raise Pose at Smiley Tree. Eye tracking with Bugsy.
Cross-Lateral	Move across the midline and connect upper and lower body quadrants. Vertical eye tracking.	Climbing up the tree and while saying the adventure chant. Eye tracking with Bugsy.
Vestibular	Move off balance with spins and twirls	Twirl around as Wahoo Wind whisks all of the adventurers off to the Mystery Destination.