

Activity List

Hello my name is Natalie Watson and I am contemporary dance artist. I work with a variety of dance organisations and companies to create accessible dance for all, which is why I have collaborated with Corn Exchange Newbury for the Contactless Creativity Project. This movement pack contains lots of exercises, games and props as a way of keeping fit, both mentally and physically!

Daily Stretch and Meditation Session — This session have been recorded on the Dictaphone and can be done either in the morning to wake up your mind and body and prepare you for the day ahead or in the evening to bring you a sense of calm and release. The session can be done either sitting or standing.

Roll A Move — A movement game that will improve your mobility, flexibility and general wellbeing. Use the activity sheet and dice provided to guide you through the game.

Wake Me Up Before You Go-Go! — Learn some simple dance movements to the song Wake Me Up Before You Go-Go by Wham. Instructions have been recorded on the Dictaphone and have been printed out.

Dance like Noone is Watching! — There are 10 songs on the Dictaphone for you to have a boogie to!

Lavender Bean Bag — The lavender bean bags can be used in a variety of ways. For example, during the meditation session by placing them over your eyes, back of your hands of neck. Equally just having the lavender bag nearby when you are reading a book or watching TV will help calm the mind. The smell of Lavender can reduce anxiety and the feeling of stress. Or just simple throwing and catching with the bean bag will test and improve your co-ordination, balance and strength.

Anti-Stress Ball - There are a variety of benefits to using a stress ball.

Physical Therapy - They can be used to help strengthen your arm and wrist muscles, (see the attached activity sheet which give examples of some strengthening exercises).

Improved Quality of Life - Using a stress ball to reduce stress, tension and anxiety, therefore with lower stress levels your heart stays healthier.

Stimulate Nerves - helps you utilise the muscles that are connected to nerves that head up to the emotional area of the brain. This works much like acupressure where the stimulation works to help another area of your body.

Resistance Band — Using the resistance band on a regular bases can help improve, strength, mobility and aid in recovery, particularly useful when it comes to working on hip, shoulder and knee injuries.


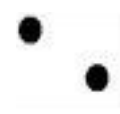

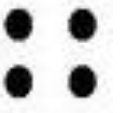
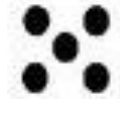
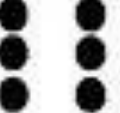


Roll A Move

Put some music on and roll the dice!

Find the picture that matches the number and complete the exercise. Repeat this sequence 6 times.

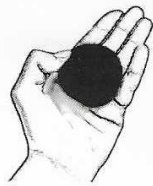
These exercises can be done sitting or standing.

DICE	Option 1	Option 2	Option 3
	<p>Roll your shoulders forwards – 5 times</p> <p>Roll your shoulders backwards – 5 times</p>	<p>Squeeze your shoulders up to your ears, hold for 3 seconds and release. Repeat 3 time</p>	<p>Stretch your arms out in front of you and roll your wrists one way and then the opposite way</p>
	<p>Lift your arms up above your head and reach down to touch your toes.</p> <p>3 second hold, slowly roll back up through your spine.</p> <p>Repeat 3 Times</p>	<p>Arch your back and look up to the ceiling.</p> <p>Curve your back and look down to the floor.</p> <p>Repeat 3 Times</p>	<p>Gently circle your head around one way and then the opposite way.</p>
	<p>March on the spot 10 times, whilst swinging your arms.</p>	<p>Stretch your right leg with a flexed foot and then bring it back in. Do the same with the Left Leg.</p> <p>Repeat 4 Times</p>	<p>Flex and point your feet 10 times</p>
	<p>Stretch your arms out to the side of your body. Circle your arms forwards – 5 Times</p> <p>Circle your arms backwards – 5 times</p>	<p>10 high Kicks</p>	<p>Reach your arms above your head whilst lifting both legs off the floor.</p> <p>Squeeze your core and hold for 3 seconds and then release.</p> <p>Repeat 3 times</p>
	<p>Wiggle your Fingers</p>	<p>10 Punches Forward</p> <p>10 Punches Up Above</p>	<p>Clench your hands together and release.</p> <p>Repeat 5 Times</p>
	<p>Circle your feet one way – 5 times and then the opposite way – 5 times</p>	<p>Jumping Jacks.</p> <p>5 times</p>	<p>Tap your right foot from side to side</p> <p>Tap your left foot from side to side</p>

Anti Stress Ball

Here are a few example exercises you can do with the Anti-Stress Ball

Finger vs thumb



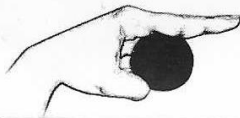
With the ball against the palm. Hold it in place with the thumb squeezing it against whichever finger is to be exercised. Maintain the pressure for a few seconds then relax. Repeat.

Extention



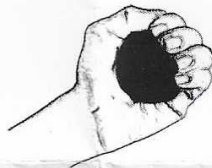
Use the flat surface of a table and roll the ball back and forth using the finger tips as shown. Repeat.

Thumb extention



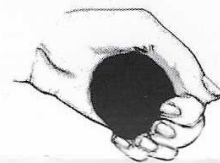
Hold the ball between the bent thumb and the first two fingers of the hand. Extending and straightening the thumb and maintaining position with the fingers, roll the ball back and forth. Repeat.

Rotate upwards



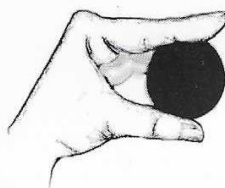
Hold the ball in the palm with the hand facing downwards. Squeeze the ball and slowly rotate the wrist outwards so the palm and ball face upwards. Hold and maintain pressure for a few seconds then relax. Repeat.

Rotate downwards



Hold the ball in the palm with the hand facing upwards. Squeeze the ball and slowly rotate the wrist inwards so the palm and ball face downwards. Hold and maintain pressure for a few seconds then relax. Repeat.

Pinching



Squeeze the ball whilst held between the thumb and the forefinger. Hold the pressure for a moment then relax. Repeat.

Finger pressure



Hold the ball in the palm of the hand. Bend the fingers into the ball as you squeeze. Once again, hold the position a few seconds then relax and repeat.

Resistance Bands

Here are a few example exercises you can do with the Resistance

