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Brain Dance

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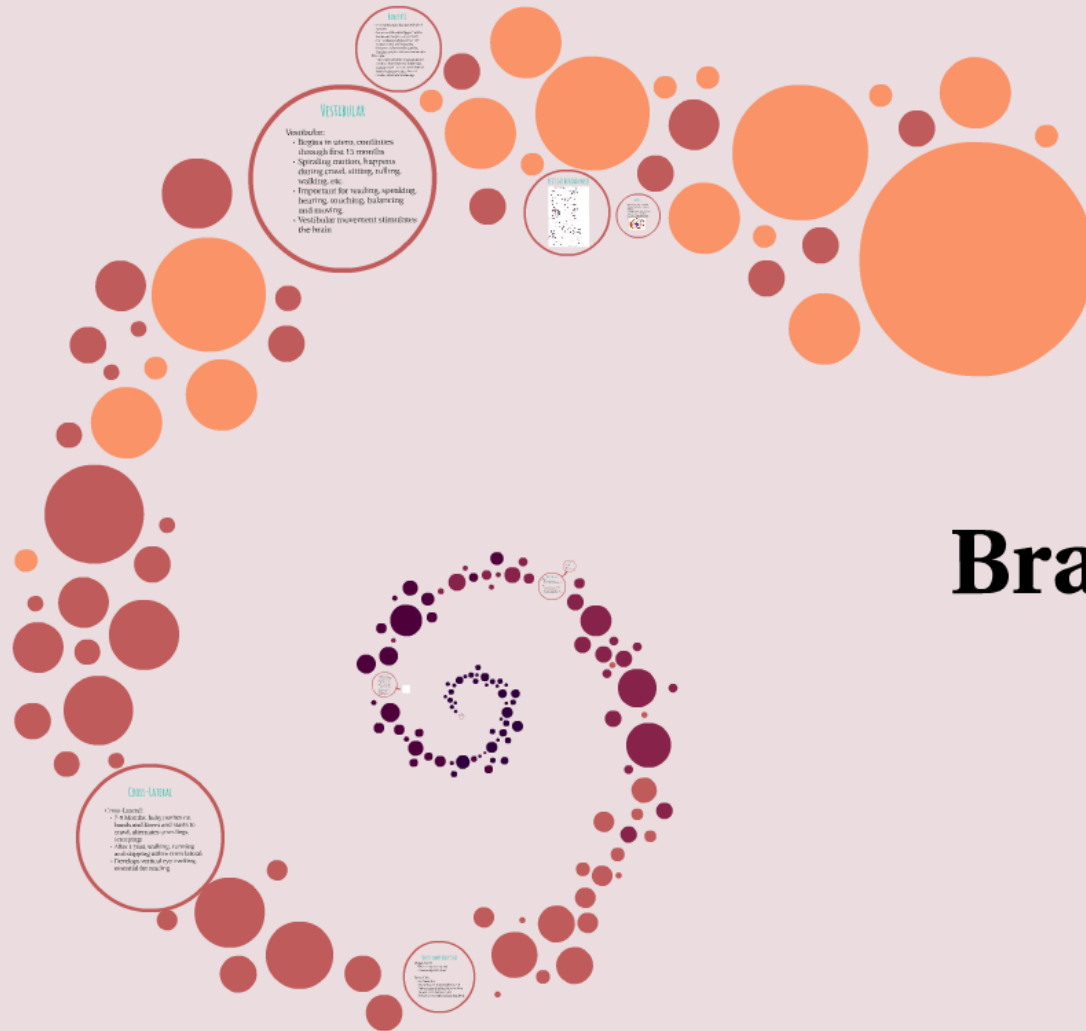


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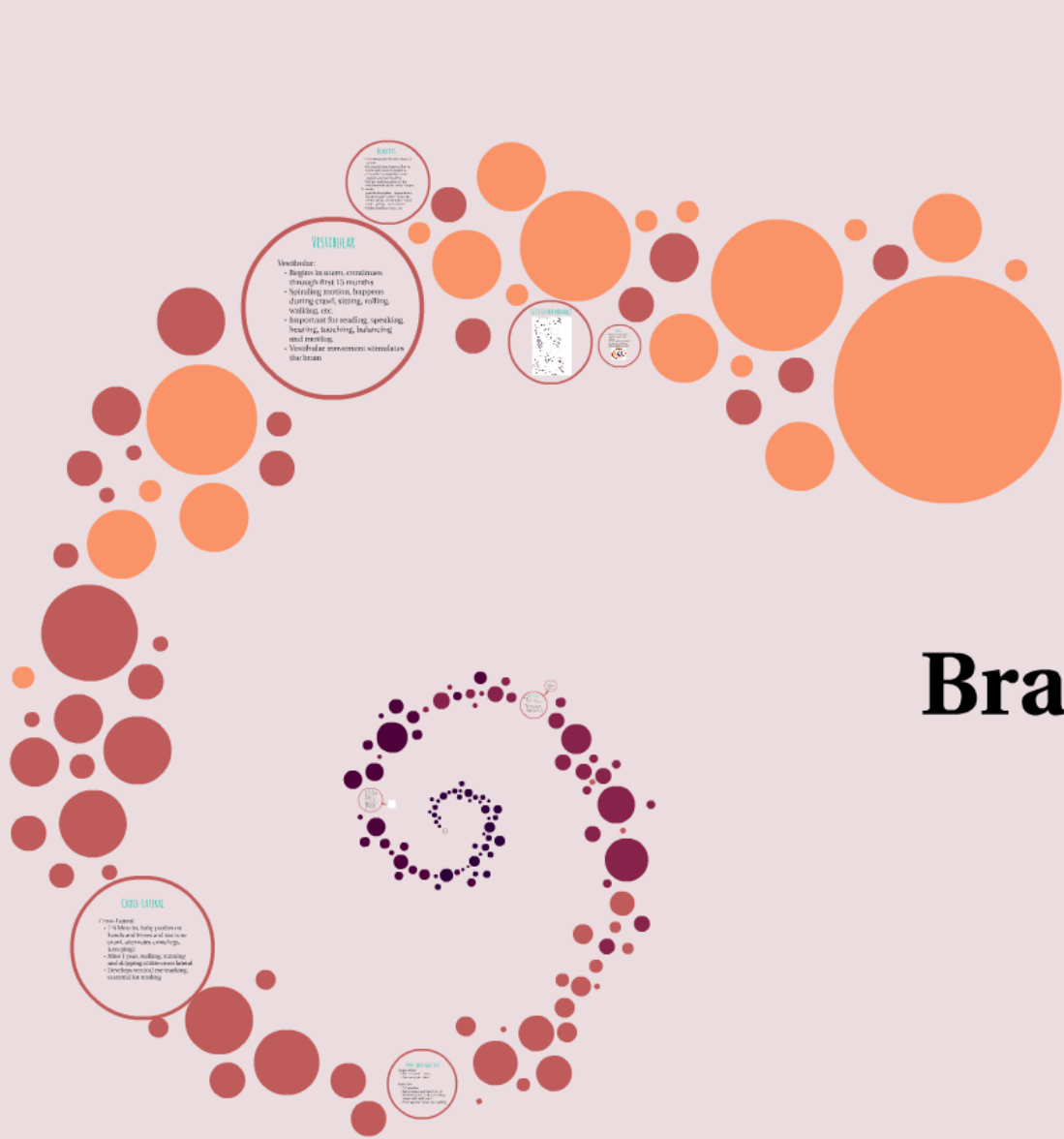
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BrainDance

JAY HALL-SCHNURRPUSCH



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WHAT IS BRAINDANCE?

"Developed by Anne Green Gilbert, the BrainDance is a series of exercises that we use in all CDC classes. It is comprised of **eight developmental movement patterns that healthy human beings naturally move through in the first year of life.** As babies, we did these movements on our tummies, sides, and back on the floor. However, cycling through these patterns at any age, daily or weekly while sitting or standing, has been found to be beneficial in reorganizing our central nervous system. **Repeating these patterns over time may help us fill in any missing gaps in our neurological system** due to birth trauma, illness, environment, head injury or not enough floor time as a baby." -creativedance.org

WHAT ELSE?

- Developed by Anne Green Gilbert, founder of the Creative Dance Center and Kaleidoscope Dance Company in Seattle, WA.
- Based on Bartenieff movement fundamentals
- Follows stages of development within first 12 months
- Must be done in the right order to reorganize and benefit the brain
- Can be done sitting, standing, or dancing
- Classes available for dance students, dance instructors, classroom teachers, etc.
- Works great for classroom setting, can improve reading skills



1. **Breath** – Breathe deeply



2. **Tactile** – Squeeze, tap, pat, scratch, brush all body parts.



3. **Core-Distal** – Reach out with toes, fingers, head, tail and curl back to your core



4. **Head-Tail** – Move head and tail separately and together in all planes, wiggle spine



5. **Upper-Lower** – Move all parts of upper half of body, then all parts of lower half of body



6. **Body-Side** – Move all parts on right side of body, then all parts on left side, do horizontal eye tracking.



7. **Cross-Lateral** – Move across midline and connect upper and lower body quadrants, do vertical eye tracking



8. **Vestibular** – Move off balance with swings, spins, tips and rolls on all levels and in all directions

BREATH AND TACTILE

Breath:

- Baby's first breath
- First step in wiring brain cells

Tactile:

- First skin to skin contact
- Crucial for promotion of appropriate behaviors and social/emotional intelligence

CORE-DISTAL AND HEAD-TAIL

Core-Distal:

- Within first 2 months
- Reaching and discovering environment and then returning to womb position

Head-Tail:

- At 2 months old
- More head control, lifting head and looking in both directions

UPPER-LOWER BODY-SIDE

Upper-Lower:

- Pushes up with arms
- Pushes up with feet

Body-Side:

- 5-7 months
- Baby moves body halves L + R
- Movement that lead to crawling
(starts with belly crawl)
- Develops horizontal eye tracking

CROSS-LATERAL

Cross-Lateral:

- 7-9 Months, baby pushes on hands and knees and starts to crawl, alternates arms/legs, (creeping)
- After 1 year, walking, running and skipping utilize cross lateral
- Develops vertical eye tracking, essential for reading

VESTIBULAR

Vestibular:

- Begins in utero, continues through first 15 months
- Spiraling motion, happens during crawl, sitting, rolling, walking, etc.
- Important for reading, speaking, hearing, touching, balancing and moving.
- Vestibular movement stimulates the brain

BENEFITS

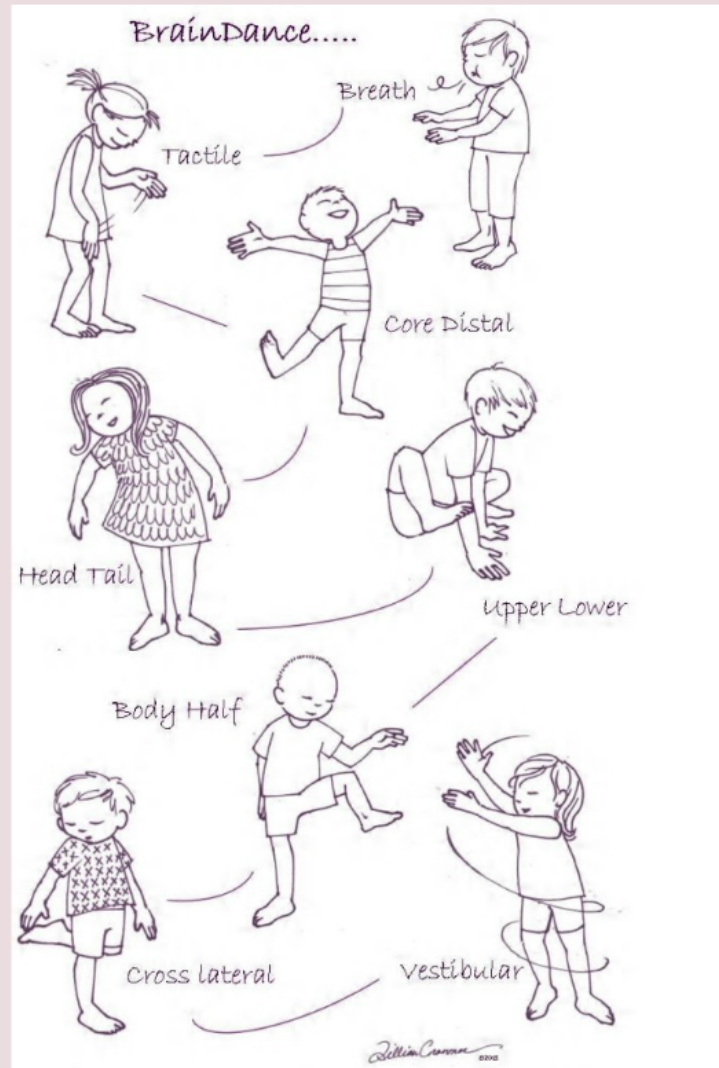
- Can reorganize the neurological system
- Increased blood/oxygen flow to brain and respiratory system
- Can enhance alignment, core support and connectivity
- Deeper understanding of the fundamentals of dance technique

Example:

port de bras/pliés = upper-lower
tendus/battements= body-side
center work= use of cross-lateral
turns/springs= cross lateral

- Makes excellent warm-up

LET'S DO BRAINDANCE!





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SOURCES

- *Brain Compatible Dance Education* by Anne Green Gilbert
- *Creative Dance for Children* by Anne Green Gilbert
- <http://creativedance.org>



