

## Chair dance



### Objective:

The goal of this activity is to promote physical activity, mental stimulation, and social interaction.

### Description of Seated Dance:

#### 1. Warm-up (approx. 5 minutes)

- Participants sit comfortably in chairs with feet flat on the floor.
- Play calm and uplifting music to start the activity.
- Encourage participants to begin by making circular arm movements and gently rotating their upper bodies.

#### 2. Dancing

Examples of chair dances that can be used with the elderly:

[https://www.youtube.com/watch?v=3vmbu\\_3ngFs](https://www.youtube.com/watch?v=3vmbu_3ngFs)  
<https://youtu.be/bSXzbGODw8?si=9vOh3AO89Hc-60Im>  
<https://youtu.be/HFGcee-WvRY?si=dHfMYv2ayoH0iFTN>  
[https://youtu.be/cYlIZbk66f8?si=Rj\\_PpvwgjAkpnu8](https://youtu.be/cYlIZbk66f8?si=Rj_PpvwgjAkpnu8)  
<https://youtu.be/3K6XmHm2YJE?si=Nf2pRPpCWaIGJnMK>  
<https://youtu.be/g9EljBQI734?si=Q3zbMhQofYJt8TLu>  
<https://youtu.be/TpHgK8DogqU?si=IWigokDxwU60DECn>  
<https://youtu.be/HIAww62yWf0?si=YrC7eRR6UbFkhi8E>  
<https://youtu.be/Vview0hzSfk?si=vEl8toQKoHoJvC2Q>  
[https://youtu.be/QzGmlPZTXhs?si=FunuRM9\\_cnMAjk4P](https://youtu.be/QzGmlPZTXhs?si=FunuRM9_cnMAjk4P)  
<https://youtu.be/vRhkmBJfOBE?si=qqbghnPXMvqM4vEb>  
<https://youtu.be/-AeKzy48LYk?si=IKwoHPX2xVdZxZSF>  
[https://youtu.be/AJLCwb7KgTU?si=\\_5bsT-q6c8G2FzUq](https://youtu.be/AJLCwb7KgTU?si=_5bsT-q6c8G2FzUq)

<https://youtu.be/u82q9-BkJnc?si=WzZ5lpTRCk9hqrK8>

3. **Conclusion and Cool Down** (approx. 5 minutes)

- Gradually reduce the tempo of the music and transition to calmer melodies.
- Encourage participants to slow down their movements and focus on deep breathing.
- Thank the participants and encourage them to sit comfortably in their chairs and relax.

**What is needed to perform the activity:**

- Chairs without armrests for each participant.
- A music system or a portable speaker.
- A playlist with suitable music or dance videos



**Time required:**

A typical seated dance session can take 30 minutes, but the time can be adjusted according to the participants' comfort and energy level.



**Alone or in a Group:**

This activity can be done in a group, group participation promotes social interaction and fellowship.

Source: The activity is created with inspiration from models and ideas from national material banks. [Äldreinstitutets material på svenska](#), [Hyvä mieli – Pohdintoja mielen hyvinvointiin -työkirja ikäihmisille](#), [Vahvike-aineistopankki](#)) and ChatGTP's proposal