

Dance with Scarves



Objective:

The goal of dance with scarves for seniors is to promote physical activity, balance, mobility, and creativity while experiencing joy and social interaction. The activity aims to improve the well-being of the elderly.

Description:

- Dance with scarves is a fun and creative activity suitable for older individuals.
- Music is an integral part of the activity.
- Dance with scarves provides the elderly with a sense of joy and well-being while encouraging physical activity and creativity.
- Scarves can be used to perform elegant movements, hip shakes, and much more, providing a varied dance experience.

Preparation:

- Create a pleasant dance environment with enough space to move around.
- Ensure participants wear comfortable clothes and appropriate footwear for dancing.
- Distribute scarves to the participants. Scarves can be in different colors and materials for visual and tactile stimulation.

Example of how to use the scarf in dancing (different moves):

https://youtu.be/E8t4seH9aNI?si=d8_BMy_1_Jt8gl4T

Examples of dancing with scarves videos:

<https://youtu.be/HXWZzVQY4rl?si=2Zgml78RZdJrg9h9>
<https://youtu.be/jFSDvv31pKY?si=da4KT7s0YXnNqmWn>
https://youtu.be/Dn4zcs_5OnM?si=06-1ytUOunaZSn90
<https://www.youtube.com/watch?v=NAZGzB8EFmE>
<https://www.youtube.com/watch?v=STkqUnKjIt0>
<https://youtu.be/GYbYYHDr5II?si=C9dRW2vZETOa7nSr>
https://youtu.be/r8_EZJbVZK4?si=Jn2HXXVsiMI21V03
<https://youtu.be/7LAHc2IbM8?si=d07pn3JEtn5M4wE7>

https://youtu.be/Dn4zcs_5OnM?si=bjlsnygma133Fy6v
<https://youtu.be/ASX8QhI94gE?si=1AXOTpw8AK9xyL9X>

Sitting dance with scarves videos:

<https://youtu.be/0HcQUql9xsw?si=j6wMFjntHOt4GEJF>
https://youtu.be/uAZMvQ4EP8?si=EukqrR_TPL7yfue
<https://youtu.be/D2-6WVbj8KA?si=KVu1cJmiG5LyJUrr>
<https://youtu.be/jR0cV99Z074?si=plirXp5w0Jof1GAF>
<https://youtu.be/Mx9YSQU-3as?si=qAN6peulbG0frOvW>

After each dance, participants are given time to relax and transition to the next dance if more are prepared. It's a good idea to end the activity with a calm and relaxing dance to lower the heart rate and reduce any stress.

What is needed to carry out the activity:

- An adequately large space to dance in
- Chairs for sitting and dancing if the elderly cannot stand and dance
- Scarves in different colors and materials
- Comfortable clothes and shoes
- A music player and speakers to play the music.
- A list of songs relevant to the chosen music theme.



Time required:

This dance activity takes approximately 30 minutes to perform.



Alone or in a Group:

Dance with scarves can be performed in a group.

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