



500 Minutes for Parkinson's Lesson 7 : Dance #1

Parkinson's Points:

Many people with Parkinson's disease have turned to creative expression as a way to express their experiences and feelings and to cope with their disease. They're finding their voices and talents in poems, stories, music, artwork and crafts. In this lesson, students will watch Impoverished Places, a dance performance by Judy Hazlett and Cynthia Croker who both live with Parkinson's disease. They will then share their feelings about and reflect on this creative performance.

Lesson Objectives:

- Students will identify the elements of dance present in the performance and explain how dance can help those living with Parkinson's communicate ideas and feelings.
- As an extension activity, students can create their own dance performances that attempt to express different perspectives on living with Parkinson's disease.
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Materials/Equipment:

Stuck in Slow Motion handout
Video file for Performance Art
IT equipment

1. [Stuck in Slow Motion: Finding Joy Behind the Mask of Parkinson's Disease](#)
2. [Performance Art - Parkinson Canada](#)

Activity Description:

1. The teacher is to read the following story to provide a lens of what it is like to begin to experience living with Parkinson's disease: [Stuck in Slow Motion: Finding Joy Behind the Mask of Parkinson's Disease](#)
2. The teacher will read a brief background of the performers and students will watch the dance performance: [Performance Art - Parkinson Canada](#)
3. Students will share personal reflections about the creative performance with the class (i.e. discuss how the piece helps communicate ideas and feelings).
4. As an extension, students can create their own dance performances that attempt to express what it may feel like to a) be diagnosed with early onset Parkinson's disease; b) live with Parkinson's disease; c) Help a loved one who lives with Parkinson's disease.

Ontario Ministry Curriculum Links:
Health and Physical Education