



500 Minutes for Parkinson's Lesson 8 : Dance #2

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.

Lesson Objectives:

- In this lesson, students will examine various art works created by those living with Parkinson's disease and identify the feelings, issues, and themes that they convey.
- As an extension activity, students can create their own creative/art works that attempt to express different perspectives on living with Parkinson's disease.

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. [Creative Expressions: Parkinson Canada](#)

Activity Description:

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](#)

Students will select a story, piece of art, a craft, photograph, or performance art piece to analyze at: [Creative Expressions: Parkinson Canada](#)

Students will share personal reflections about the artworks that they have analyzed (i.e. discuss how the piece helps communicate ideas and feelings).

As an extension, students can create their own art works 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:

Art
Music
Language Arts
Health and Physical Education