

## STG VIDEO - BrainDance Warm-Up | Aladdin

**About the BrainDance:** The BrainDance warm-up is a series of 8 movement patterns that connect the different parts of our brains and can help us feel more awake, grounded, and refreshed. The BrainDance was created by Anne Green Gilbert of Creative Dance Center in Seattle, Washington. This BrainDance warm-up was created by Seattle Theatre Group Teaching Artists.

**Details:** This warm-up uses characters, singing, and movement inspired by Disney's *Aladdin*

**Age:** The BrainDance is great for any age, level, or ability!

**Supplies Needed:** Artists will be using a scarf as a prop in this warm-up! You can use a scarf, piece of cloth, etc. An open space for movement and a chair if desired

**Video Link:** <https://www.youtube.com/watch?v=JtAWP8-Udi8>

**STG Teaching Artists:** Anuheha Brown and Amberlee Joers

---

### ALADDIN BRAINDANCE

#### Breath –

- Breathe in and let it out on an AHHHHHH
- Breathe in and let it out on a SHHHHHH
- Breathe in and let it out on a SSSSSSS
- Can you do it for 8 counts?

#### Tactile

- Scrunch of your scarves to turn it into a magical lamp. Rub the magical lamp together with your hands to gather some of its magic.
- Squeeze the lamp to make it small and rub that magic all over your heads, arms, backs, stomach, legs, feet, etc. while humming
- Brush the magic around your body, now pat, etc. Can add other verbs like scratch, glide, sweep etc. for different tactile sensations.
- Wow! Now we've got all of this magic inside of us!

## STG VIDEO - BrainDance Warm-Up | Aladdin

### Core Distal

- Stretch your body, arms, and legs out as big as you can while letting your scarf glide open and then shrinking your body, arms, and legs in as small as you can while scrunching your scarf small in your hands
- Each time you make a small, closed shape, say "Itty bitty living space" in a small voice
- Each time you make a big, open shape, say "Phenomenal cosmic powers!" in a big voice
- Shrink and grow for 4 counts
- Shrink and grow for 2 counts
- Shrink and grow in 1 count (repeat)

### Head Tail

- Move your spine up and down on a magic carpet ride while making your voice go high and low with your body. Hold your scarf in your hands like you're holding onto the magic carpet
- Go on a magic carpet ride loop dee loop (emphasize singing, not screaming)
- Pretend the ride took a picture of us the craziest part of the magic carpet ride and pose!

### Body Half – Upper/Lower & Vocal Resonators

- **Upper Body**
  - Abu – move arms and twist ribcage, make monkey noises with teeth forward/showing
  - Iago – flap arms like wings, say "Squawk the lamp, squawk" in a nasal voice
  - Jasmine – sweep hands up to head and make a crown with your scarf, say "Jasmine" in chest voice. Can also point with one hand to make an order.
- **Lower Body**
  - Cave of Wonders – bend knees low and sway, say "Cave of wonders" deep in stomach voice
  - Genie – shake hips and turn around, say "You aint' never had a friend like me!" in an expressive voice
  - Jafar – stomp feet, say "Give me that lamp" in a demanding, deep voice
  - Aladdin – skip jump with legs, say "One jump ahead of the breadline" in a projecting chest or head voice

## STG VIDEO - BrainDance Warm-Up | Aladdin

### Body Side

- Put scarf in one hand and only move the side of your body that the scarf is in. Listen to music from "A Whole New World" and explore smooth, flowing movements. Switch scarf to the other hand and move the other side of your body.
- Repeat the same activity but this time, listen to music track "Friend Like Me" and explore sharp, fast, punching movements. Switch scarf to the other hand and move the other side of your body.

### Cross Lateral

- Put scarf in one hand and cross scarf to opposite knee while singing "Make way, for Prince Ali! Say hey, it's Prince Ali"
- Put scarf in one hand and cross hand opposite side foot behind your back (or in front of body if you're sitting) and repeat the same phrase

### Vestibular

- Throw scarf in air and spin around to catch it. Continue repeating, spinning in the same direction while listening to track "Prince Ali."
- Find stillness for 8 counts (*stillness after being dizzy strengthens our brains*)
- Repeat but spin in the other direction now.
- If you don't want to spin, you can swing side to side or up and down, or slowly and gently roll your head from side to side.
- Take couple of deep breaths in to close out BrainDance

Celebrate your work!