

## STG VIDEO - BrainDance Warm-Up | Frozen

**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 *Frozen*

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

**Supplies Needed:** An open space for movement and a chair if desired. Artists will use a piece of ice as an optional prop for a bonus sensory element. If you are using ice, make sure you have a bowl or cup to put it in and a washcloth to dry off your hands afterwards. You can also choose to put your ice in a bag or cloth if it's too cold for you to touch directly on your skin.

**Video Link:** <https://www.youtube.com/watch?v=0h4beSro0w0>

**STG Teaching Artists:** Rachel McKinney, Ayanna Omar, and Amberlee Joers

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### FROZEN 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

- Grab your piece of ice (real-true or drama-true) and close up your hands. We're going to use our magical powers to make the ice appear – ready? 3 – 2 – 1 – WOW! Open up your hands and look at the ice. Feel how cold it is and think about its shape, how fast or slowly it's melting. Move the ice between your hands and up your arms, back of your neck, etc. while humming. Drop the ice back in a bowl or cup when you're done with it.
- Rub your arms, back, stomach, etc. while saying "brrrr" (lip trill)
- To warm up, let's give ourselves big hugs like Olaf and squeeze on our arms, chest, legs, etc.

#### Core Distal

- Stretch your body, arms, and legs out as big as you can like a snowflake and then shrink your body into a tight ball.
- When we shrink in to a small, closed shape, say "It doesn't have to be a snowman" in a squished voice

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- When we stretch out to a big, open shape, say "Into the Unknown!!!" in a big, powerful voice!
- Shrink and grow for 4 counts, then 2 counts, then fast in 1 count

### Head Tail

- Move your spine up and down on a rollercoaster made of chocolate or ice while making your voice go high and low with your body
- Pretend we took a picture of us the craziest part of the ride and pose!

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

- **Upper Body**
  - Elsa – swirl the arms around and throw a snowball, say "Whoosh" in a high voice
  - Olaf – hug yourself and swing side to side, say "I like warm hugs" in a nasal voice
  - Anna – move upper body/arms out, say "Love is an open door!" in a chest voice
- **Lower Body**
  - Hans – bend knees low and sway, say "If only someone loved you" in a deep voice
  - Pabbie & Bulda – shake hips from side to side, say "He's just a bit of a fixer upper" in an expressive voice
  - Kristoff – move legs up and down, say "Reindeer are better than people" in a silly, projecting voice

### Body Side

- Move one side of the body – wave arm from side to side and move same side leg/hip with it, repeat on other side
- Add singing, "He's just a bit of a fixer upper, he's got a couple of bugs"

### Cross Lateral

- Reach one arm up high and point up, then cross that hand/finger to the opposite side of your body down towards your feet like a disco move. Repeat on the other side.
- Add singing, "Do you wanna build a snowman, come on let's go and play?"

### Vestibular

- Create an ice palace around you with your magical powers for 5 seconds – 5 -4 -3 -2 -1!
- Now spin around in one direction and look at your ice kingdom while singing "Let it go, let it go, can't hold it back anymore!"
- Find stillness for 8 counts (*stillness after being dizzy strengthens our brains*)
- Repeat going in the opposite direction
- If you are sitting or don't want to spin in a circle, you can sway side to side or up and down
- Take couple of deep breaths in to close out BrainDance

Celebrate your work!