

STG VIDEO - BrainDance Warm-Up | The Jungle Book

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 *The Jungle Book*

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 be using a sock as an optional prop in this warm-up! You can use any kind of sock and even decorate it to turn it into a Jungle creature with googly eyes, pipe cleaners, glue, markers, feathers pom poms, etc.

Video Link: <https://www.youtube.com/watch?v=eO7-luVb10g&feature=youtu.be>

STG Teaching Artists: Sydnie Hodge, Amberlee Joers, and Gaynell Walker

THE JUNGLE BOOK 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

- Use sock/jungle friend to help wake up our bodies!
- Rub different parts of your body – arms, back, neck, chest, stomach, legs, feet, etc. and hum
- Tap different parts of your body, can explore other verbs like squeeze, pat, scratch, etc. for a variety of tactile sensations

Core Distal

- Stretch your body, arms, and legs out as big as you can and make your jungle creature climb the tallest tree and then shrinking your body, arms, and legs in as small as you can and make your jungle creature small enough to hide inside a small tree nook
- When we shrink in to a small, closed shape, say “Ohhhh my sinussssss” in a squished voice
- When we stretch out to a big, open shape, say “ROAR” in a big, powerful voice!
- Shrink and grow for 4 counts
- Shrink and grow for 2 counts and then fast in 1 count

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Head Tail

- Take your jungle creature on a ride by swinging from vine to vine in a tree
- Move your spine up and down while making your voice go high and low with your body
- Pretend we took a picture of us the craziest part of swinging in jungle vines and pose!

Body Half – Upper/Lower & Vocal Resonators

- **Upper Body**
 - Shanti – wave arms, say “Hello!” in a high voice
 - Mowgli – shake finger and upper body, say “I can take care of myself” in a nasal voice
 - Shere Khan – make paw arms, say ROAR in chest voice
- **Lower Body**
 - Kaa – move knees back and forth, say “Trusssst in me” using tongue and teeth
 - Baloo – flex foot and turn in circles, can make it a balance challenge, say “Look for the Bare Necessities” in a deep stomach voice
 - King Louie – jump legs up and down and side to side, say “Oh ooo ooo ooo, I wanna be like you ooo ooo” in an expressive voice

Body Side

- Move one side of your body that has the sock/jungle creature on it – move arm/leg up and then arm/leg out to the side. Repeat on the side without the sock/jungle creature. Sing “Look for the Bare Necessities the simple Bare Necessities, forget about your worries and your strife!” while doing the movement.

Cross Lateral

- Cross arms/hands and then open them. Repeat that movement to get comfortable with it.
- Now add a new movement onto that – when your arms/hands are open, cross one foot/leg in front of the other. You can repeat this movement from each side back and forth (this is a popular dance step in Hip Hop movement called the cross step).
- Add singing to the movement – “Now I’m the King of the Swingers oh, the Jungle V.I.P”

Vestibular

- March with legs and arms saying “Hut 2 3 4, Keep it up 2 3 4!” and march/spin in one direction. 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 march and lean side to side or up and down or roll your head gently from side to side
- Take couple of deep breaths in to close out BrainDance

Celebrate your work!