

# Dancing Activity

RESIDENT IDENTIFIED DOING THEIR FAVORITE ACTIVITIES AS A PREFERENCE,  
SPECIFICALLY DANCING



# Supply Check-list



Assistive devices, as needed:

- Resident's glasses or magnifying glass, hearing aids, walker, or other assistive devices



Wipes



Device to play music

- tablet, such as an iPad
- radio
- computer or laptop
- iPhone or iPod
- tape / cassette player



Feeling Faces Emotion Assessment form



# Activity Introduction

**[APPROACH]** Approach the resident from the front, on eye level, and smile.

**[GREET]** Greet the resident using their name.

**[INTRODUCE]** Introduce yourself using your name, and point to yourself.

**[ASK]** Ask how the resident is doing today.

» Say: "How are you doing today?"

**[ASSESS]** Complete the '**before**' portion of the Emotion Assessment form.

» Say: "Which face shows how you feel right now?"

» Do: Present the resident with the Emotion Assessment '**before**' Feeling Faces.

**[RESPOND]** Respond to and validate their response.

» Say: "So glad to hear you're well today." or "I'm sorry you're not feeling well."

» Do: Address the person's needs, if applicable.

# Activity Questions

## Question Suggestions:

- What do you like about dancing?
- Do you have a favorite dance?
  - Why is it your favorite?
- When did you learn to dance?
  - Who taught you?
- What other dances do you like?

## Activity-related Questions:

- Did you ever dance to this song? Where? With whom?
- Does this song remind you of a special person in your life? a special time? (like a wedding, or other special occasion?)

# Activity Instructions

**[INTRODUCE]** Introduce the activity.

- » Say: "I know it's important for you to do your favorite activities, and that you enjoy dancing. Would you like me to help you dance today?"
- » Do: Show the resident the materials you will be using and explain how they work, if needed.

**[CHOICE]** Ask the resident if there is a specific dance they would like to do.

- » Say: "What kind of dance would you like to do?" (list examples: tango, foxtrot, rumba, cha cha, waltz, ballroom, jazz, tap, ballet, folk or swing dance)
- » Variation: If more help is needed, present the resident with a choice of 2 dances, as to not overwhelm the resident. If they are unable to choose, then pick one that matches the resident's preferences.

# Activity Instructions continued

**[CHOICE]** Ask the resident what type of music they would like to listen to while they dance. Offer the available options based on their choice.

- » Say: "Would you like to listen to a genre of music? (list examples: classical, instrumental, jazz, country, etc.)"
- » Say: "Is there a specific song or musician you would like to listen to?"
- » Variation: If more help is needed, present the resident with a choice of 2 songs, as to not overwhelm the resident. If they are unable to choose, then pick one that matches the resident's preferences.

**[BEGIN]** Begin dancing with the resident.

**[ENCOURAGE]** Encourage the resident (remember: engagement over correctness).

- » Say: "You're a wonderful dancer!" or "You've got great moves!"
- » Do: Smile and nod.
- » Variation: Some residents prefer to just bob to the music. It isn't about what dance moves they do, it's about them enjoying themselves and feeling in control.

# Activity Instructions continued

**[ASK QUESTIONS]** See question card for ideas.

**[OFFER]** Offer to assist the resident with the activity, if needed.

- » Say: "I will be here if you need any help."
- » Do: Dance along with the resident and if they are struggling, offer to help.
- » Variation: If more help is needed, continue to encourage choice, support them in moving to the music.
- » Variation: If the resident becomes too tired, rest and talk instead.

\* If the resident is struggling with the activity, simplify questions and/or engage more with sense (see next page).

# Using the Senses

**[SENSE]** Engage the resident by using prompts, such as questions or gestures, relating to the five senses. Encourage the resident to **see** and **hear** during the activity, for a sensory experience.

(Tip: Participate with the resident, you can answer these questions too).

» **See:** Encourage the resident to look at videos or pictures of people dancing.  
"What do you think of the dance moves? Do the dance moves remind you of anything? What is your favorite dance move?"

» **Hear:** Encourage the resident to close their eyes and listen to the dance music.  
Describe the music together.  
"Does the music remind you of anything? Do you have a favorite song to dance to? What about the song makes it fun to dance to?"



# Activity Closing

**[THANK]** Thank the resident for doing the activity with you.

**[ASK]** Ask for feedback:

» Say: How did you feel about dancing today?

**[ASSESS]** Complete the '**after**' portion of the Emotion Assessment form

» Say: "Which face shows how you feel right now?"

» Do: Present the resident with the Emotion Assessment '**after**' Feeling Faces.

**[ASK]** Ask if the resident needs anything before you leave and wipe down materials before storing the supplies.

*great job!*

