

DEL Early Childhood Focusing Warm-Up*

*Adapted from the Bartenieff Patterns of Total Body Connectivity and Anne Green Gilbert's Brain Dance.

Lyrics

Developmental Pattern

First we breathe in and out,
In through your nose and out your mouth.
(1 more time and you'll feel fine)

Breath

Then use your hands to create heat,
and tap your head down to your feet.

Tactile

Then make your body really small,
and round, just like a tiny ball.
Stretch your arms and knees - Expand!
...A starfish playing in the sand.

Core/Distal

Then shake your head and tail and bark (Whoof),
A puppy rolling in the park.

Head/Tail

Wiggle arms, then legs, shout - HOT!,
Spaghetti boiling in a pot.

Upper/Lower

Open one side, close it - LOOK!
Your body moves just like a book.

Body/Side

Kris cross your legs and tap your knees,
Make an x shape - open it, then say CHEESE!

Cross/Lateral

Bounce down low 1-2-3 POP!,
Spin round and round till you hear - Stop!*

Vestibular

*Freeze and finish with 1 last deep breath melting arms down by one's sides.