

ISOLATIONS - SLOW AND FAST

Isolations are adapted from jazz dance. They help us focus on one body part at a time. Isolations build strength, flexibility, mobility, and skeletal awareness.

Special Note to Parents and Caregivers: This video supports participants' body awareness, self-confidence, and mobility. As their understanding of the body grows, people with intellectual and developmental disability may show improved self-advocacy skills, better physical coordination, enhanced executive function, and self-regulation skills. Many of our students also display increased creativity and elevated mood.

PREPARATION

Identify Body Parts

Take time to identify the body parts that Kelly will isolate, asking "Does everyone know where they are?" "Can you touch these parts of your body?" "How does it feel to tap, shake, or wiggle them?"

- Head
- Shoulders
- Ribs/rib cage
- Hips

Loosen Up

Try some of these relaxing movements either standing or seated:

- Reach high and low with the whole body.
- Twist side-to-side to look over your shoulders.
- Bend forward at the waist, letting the arms hang down toward the floor, then walk the hands up the body slowly, rolling up. Repeat a few times!

FOLLOW UP

Body Part Isolation // Student Handout

This handout helps us notice which body parts we need for brushing our teeth and for eating an apple. What are some other times that we isolate specific body parts?

Rhythm Review

Practice the slow-slow-quick-quick-slow rhythm that Kelly demonstrated in the video.

- Clapping
- Stomping
- Patting your lap

"What's fun about doing this together?" "What does it sound like when we do the same activity at the same time?"