unearthing Cultural Wellness Through DANCE

facilitator guide

*“To understand the culture, study the dance. To understand the dance, study the people.”*

— Charles Davis (American choreographer and dancer)

Dear Program Facilitator,

Welcome to Unearthing Cultural Wellness Through Dance. This program is designed to raise awareness of the impact of cultural practices of humans over time and how the use of similar practices today can support our wellbeing. In these two sessions, we explore the roots of dance, identify how dance supports healthy longevity, and unearth the contribution and meaning of dances from diverse cultures.

To begin, we ask that you take a few minutes to review this Facilitator Guidebook from start to finish. You will find helpful instructions to prepare for each session, such as what materials and equipment you will need, as well as suggestions for creatively enhancing this program based on individual needs and interests.

Masterpiece is committed to providing you with up-to-date research-based programming, guidelines, and recommendations from credible sources to enhance wellbeing and promote healthy longevity.

Remind participants to check with their doctor when starting a new exercise/dance program.

At the end of the program, we would appreciate feedback from you as the facilitator as well as from the participants. Please complete the Facilitator Feedback Form <https://forms.office.com/r/QE9Rb14Hrt> and send a request to the participants. Please note that the two links are different. Below is an email draft you can use:

*“Thank you for participating in* ***Unearthing Cultural Wellness Through Dance****, a program focused on cultural practices of humans over time and how the use of similar practices today can support our wellbeing*. *Masterpiece would greatly appreciate your feedback on the content and materials of the program to continue to improve the offerings they provide our community. Please click on this link:* [*https://forms.office.com/r/qVkg6nPjVB*](https://forms.office.com/r/qVkg6nPjVB) *to provide your feedback. It should take you approximately four minutes.”*

**On behalf of the Masterpiece Team, welcome to Unearthing Cultural Wellness Through Dance!**

Preparing for UCW: Dance

**What You Will Need:**

* A strong Internet connection (if streaming)
* A projector and large screen or TV screen
* Audio hookup for computer (to viewing source)

**Before each session:**

* Use the [Unearthing Cultural Wellness Through Dance Podcast](https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.spreaker.com%2Fuser%2F11175410%2Fdance-final-bsol&data=05%7C01%7Ckai%40mymasterpieceliving.com%7C58734f4abdc84aa6589108da27ad03dc%7C21451a7b244a402e9826c9a72e6863ff%7C0%7C0%7C637865921300019771%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=Phk8cEdVcEu0Q3xY%2FentmbBF4ZDq3z2wwFLYl9OUDKw%3D&reserved=0) by Dr. Roger & Friends to promote this program. (29 minutes)
* Review the Facilitator Guidebook, handout packets for your session and video presentation.
* Set up audio/visual equipment and chairs in a way that invites discussion.
* Prepare suggested materials and equipment ahead of time.
* Each session in the Facilitator Guidebook has a “Supportive Resources and Ideas” section. You can choose to add these activities or videos to the session. Or schedule these additional events during, or at the end of the program. You may also choose *not* to use these resources.
* NOTE: Dance experiences should be inclusive. You may want to adapt the dance based on physical abilities. For example, a participant may choose to remain seated and move their arms and upper body to the music or stand while keeping one hand on a sturdy chair for support. Consider the use of instruments to engage those who may have physical limitations.

1st Session: Why We Dance

**Objectives/Overview:**

* Explore the history of dance
* Discover how dance supports healthy longevity
* Dance!

**Materials:**

* Session 1 YouTube video lessons:
  + [The History & Culture of Dance (Part 1)](https://youtu.be/ppOWCb9Nn8A)  (13 minutes)
  + [The History & Culture of Dance (Part 2)](https://youtu.be/-MxSsG7rEes)  (8 minutes)
* Copies of 1st Session Participant Handout Packet for each participant
  + The last page of the handout packet prompts the individual to create “kaizen” next steps to engage more in dance.
* Pens or pencils for participants

**Session Discussion Questions to use after Part 1 or at the end of both videos:**

* What outfits, or costumes, have you worn to dances in the past? Describe the type of dance, and the outfit you wore.
* What do you enjoy the most about dancing?
* (For any attendees who don’t feel comfortable dancing… ask:) What do you enjoy the most about watching dance?
* How do you feel you benefit from dance?
* What opportunities do we have in our community to dance more?
* Consider the DISCUSSION exercise below for creative thinking (and new program possibility):
  + Some people consider themselves to be “poor dancers.” This is often because moving to a rhythm seems less natural to them, or they have not spent time developing this skill. (Similar to a basketball player who does not spend time practicing shooting free throws). Anyone can improve their skill in dancing if they BELIEVE they can improve, and if they PRACTICEthe steps or just moving freely to music. If we were to create a fun dance class/program for self-proclaimed “poor dancers” or “non-dancers”:
    - What would it look like?
    - Who would be invited and why?
    - What would make the sessions fun and non-intimidating for everyone?
    - What would the program goal be? (To learn group dances? To increase confidence freely moving to music? To have fun as a group while building this skill? etc.).
      * Would/Could children and younger adults be involved in some way?
      * What else can you think of that could make this idea successful?

**Supportive Resources and Ideas:**

Choose one or more or use this as inspiration to create your own.

* **TED Talks:**
  + Enjoy this unusual dance partner: [A Human-Robot Dance Duet](https://www.ted.com/talks/huang_yi_kuka_a_human_robot_dance_duet)(4:34 minutes)
    - Discussion questions**:** 
      * How would you describe your initial reaction to this video?
      * What questions did it raise for you?
      * This video blends the art of dance with the science of mechanical engineering. Can you think of other examples of blending an art form with engineering? (e.g., The Gateway Arch of St. Louis, Sydney Opera House, Lamborghini or Bugatti automobiles, animation such as the “Avatar,” and electronic music with responding light shows in concerts or seen in the O’Hare airport tunnel between concourse B and C)
  + [You Are How You Move: Healing Through Dance](https://youtu.be/Vv3h0ifpB84) (19 minutes)
    - Discussion Questions:
      * Children express joy through dance – why is that lost with adulthood?
      * How have you used dance to change your mood or spirit?
      * The speaker says, “You are how you move.” What can you do to move in a way that supports empowerment and healing?
* Include a dance activity in the session. Invite a dance instructor to lead simple dance steps, or choose any of these basic introductory video lessons in your session (beginner steps can be learned without a partner):
  + [5(ish) Minute Dance Lesson: Bachata, Level 1](https://www.youtube.com/watch?v=moDuehwe5wk) (3 minutes)
  + [5(ish) Minute Dance Lesson: Merengue, Level 1](https://www.youtube.com/watch?v=daaHi0jtHlw) (5 minutes)
  + [Learn to Dance in 10 Minutes - Easy Partner Dance Basics](https://www.youtube.com/watch?v=fJSb2fhUtMs) The Waltz Box Step (11 minutes)
  + Enjoy dancing the **Macarena**, one was one of the longest-running group dance songs on the top 100 charts in the 1990s. People of all ages fill the dance floor for this popular song often played at weddings. The simple, repetitive steps to this dance largely use movements of the arms, thus engaging a wide range of dancers including those with limited lower body mobility. For printed steps (pg. 1 or position photos (pg. 2 and 3): [Dance steps to the Macarena](https://cf.ltkcdn.net/dance/files/442-Macarena.pdf)
* Try the [20-minute Dance Workout for Seniors](https://www.youtube.com/watch?v=E6lsGDntAEM) from Silver Sneakers!
* [Six recorded Sessions of MOVEMENT SPEAKS®](http://www.dvpnyc.org/free-access-videos/). This is the core program of dances for a variable population created and developed by Naomi Goldberg Haas, dancer, master teacher and choreographer. Each video lasts about an hour.

2nd Session: Cultural Dances

**Objectives/Overview:**

* Appreciate the history and meaning of the Māori culture’s Haka
* Build on your knowledge of dance by discovering African dance
* Relate your cultural views with the Pilipino culture
* Dance!

**Materials:**

* Session 2 YouTube video lessons:
  + [Introduction to African Dance](https://youtu.be/x1OWACpZFY8)  (6:34 minutes)
  + [The Haka of New Zealand](https://youtu.be/quB-xIMskZA%20(8) (8 minutes)
  + [The Dances of the Philippines](https://youtu.be/Q_2DJOU-qWg) (5:31 minutes)

\*\* Watch the short videos back-to-back or include a discussion after each one. Another option is to pick a few supportive resources connected with the certain video (listed below) and make each cultural dance its own session.

* Copies of 2nd Session Participant Handout Packet for each participant
  + The last page of the handout packet prompts the individual to create “kaizen” next steps engage more in dance.
* Pens or pencils for participants

**Supportive Resources and Ideas:**  
Choose one or more or use this as inspiration to create your own.

**African Dance Additional Resources:**

* Explore one or all of this 3-part West African Dance Tutorial:
  + [West African Dance: Description & Warm-up](https://florida.pbslearningmedia.org/resource/595953e9-e3a0-4700-9df1-21670c43128b/west-african-dance-description-warm-up/)) (6 minutes)
  + [West African Dance: Music & Movement](https://florida.pbslearningmedia.org/resource/5ac1a785-ae6a-457e-bef9-7bac906883b0/west-african-dance-music-movement/)) (8 minutes)
  + [West African Dance: Choreography](https://florida.pbslearningmedia.org/resource/d560bae4-b450-4c4a-aa11-66b45823467b/west-african-dance-choreography/)) (7 minutes)

NOTE: The West African dance tutorials can be very rigorous! They can be adapted by moving at half-time (I.e., more slowly, while still following the rhythm), adjusting the height and breadth of the movement (I.e., lifting the knees slightly versus to hip level), and even seated, tapping the feet or moving just the upper body.

**Haka Additional Resources:**

* Watch this documentary together: [Finding Haka](https://www.youtube.com/watch?v=X2bA9-cow2Q) (21 minutes)
  + We wanted to take the viewer on a cinematic journey to explore the intimate journey of a young Māori man and the ancient cultural traditions that drive the roots of rugby in New Zealand, discovering the passion, dedication and understanding it takes to perform the famous ritual.
* Haka Tutorial: [How to do the Haka](https://www.youtube.com/watch?v=H2deYzImsT0) (7 minutes)

**Filipino Additional Resources:**

* [Philippine Folk Dance: Basic Steps in Folk Dance](https://www.youtube.com/watch?v=cjt7q2idCBQ) ( 13 minutes)
* This video demonstrates 10 dance steps, each at a learnable pace. Consider stopping the video after each demonstration to repeat the step. Video covers the Step Close, Step Point, Waltz Balance, Slide Step, Step Brush, Step Raise, Step Swing, Step Hop, Cross Waltz and Mazurka.
* [The Viral Dancing Filipino Prisoners (Prison Documentary)/Real Stories (20:35 minutes)](https://www.youtube.com/watch?v=hEawuJ4hvec) 
  + *Prisoners at Cebu are considered the most dangerous offenders in the Philippines. But thanks to four hours of dance lessons a day their behavior has been transformed.*
* **Documentary**: Beyond the Block: The Untold History of Filipino Street Dance (1h 25m)
  + Watch the [trailer](https://vimeo.com/ondemand/beyondtheblock).
* Description (from IMDb website): *Spanning fifty years and charting a path across three continents, BEYOND THE BLOCK weaves a thoughtful, personal account of Hip Hop Dance in the Philippines. From the sensational TV program of the Penthouse 7 in the 70’s to the cult classic Dance 10 in the 80s to the struggle of Filipino contingents in today’s biggest international dance competitions, the film lovingly showcases the special place of dance in every Filipino life.*
* [List of Philippine Folk Dances](https://dance.lovetoknow.com/List_of_Philippine_Folk_Dance) 
  + Collection of 17 traditional Philippine folk dances. Suggest reading the brief description of the dance before playing the each attached 1-5 minute video. Follow the video with brief period of observations/comments before moving to the next dance.

\*\*Consider using this as separate program session. Time will vary depending on the number of dances selected and discussed.

**Additional Dance Resources:**

* Learn more about the Intergenerational dance troupe, [Kairos Alive!](https://kairosalive.org/), consider bringing them to your community.

* **TED Talks:**
  + [Changing the World Through Power of Dance](https://youtu.be/98Gfv8SGjIg) (11 minutes)
    - **Discussion Questions:**
      * How did this young man break through barriers?
      * How does his story speak to the power of conviction?
      * How is the joy he shares with his gift relatable to you?