



Imagination Arts

Home-Based Activities

At Imagination Arts we are really sad we have had to cancel our Movement to Music classes for the time being, however we do not want you to feel completely distanced from us in the time we are apart! Our instructors have worked to put together a set of activities to help you keep gently active whilst our classes are postponed. They are all taken from our Movement to Music classes and so focus on balance; coordination; flexibility and strengthening. If you need any further information about any of the activities, please do not hesitate to contact us.

We have also included details about our online and digital projects at the end of this document. Please email us for further information on these, or to book a space in any of our classes!

General enquiries – info.imaginationarts@yahoo.com

Hannah Reynolds – hannah.imaginationarts@yahoo.com

Please note that as these are just guidance activities, it is up to you to judge your own body's capacity. Please do not try anything you are not comfortable with – you know your body best.

Warm-Up Stretches

Can be done seated or standing

- Hands either by your sides; on your stomach; or on your thighs (when seated), take in deep breaths. Breathe in for 4 counts; hold for 4 counts; and release for 4 counts. Repeat.
- Head turn to one side, hold for 4 counts, repeat on other side. **(Look past your shoulder, rather than over your shoulder – avoid looking backwards)**
- Head turn to one side, drop head to chest and roll to the other side – half circles.



Imagination Arts

- Head tilts – bring ear to shoulder (**avoid raising your shoulder**) and hold for 4-8 counts. If you wish, hold head in place with your hand press downwards to extend the neck stretch. Repeat on other side. *See photo to the right.*



- Shoulder rolls – circle shoulders backwards for 4 counts, then forwards for 4 counts.
- Arm circles – circle arms backwards for 4 counts then circle forwards for 4 counts. (**try and brush arms past your ears – keep them close to your body**)



- Reach arms up and tilting either side. (**Avoid raising your shoulders**) Stretch out the sides of your body by reaching over to the opposite side with your arm, hold for 4-8 counts. Repeat on the other side. *See photos to the left.*

- Clasp hands together, interlocking fingers, in front of your body, with straight arms. (**Do not lock your elbows**) Turn your hands away so the palms of your hands are facing away from your body. Tilt your head down slightly to stretch the top of your spine out. Hold for 4-8 counts. *See photos to the right.*



- Reach your arms out to the sides of your body, with palms of your hands facing forward. Lengthen to your full wingspan and push your arms backwards ever so slightly so your arms are just out of sight of your peripheral vision. Take deep breaths and hold for 4-8 counts. (**Avoid raising your shoulders**)



Imagination Arts

Flexibility Stretches

Upper body

- Sit tall, or stand tall with feet slightly further apart than parallel. Twist your torso to the side, bring your elbows up to face outwards parallel to the floor (fingertips touching), hold for 4 counts, and then extend your arms out to the sides, hold for 4 counts. Fold your arms back in to elbows pointing out, lower your arms, and face your torso back to the front. Repeat on the other side. **(Try and keep hips facing forwards and do not raise your shoulder when lifting your arms)**



- Standing or sitting tall, with your spine lengthened, keep your shoulders down and core muscles engaged. Take one arm above your head and bend at the elbow, to try and touch the opposite shoulder blade. To extend the stretch, gently push your elbow down with your opposite arm. Repeat on the other side.





Imagination Arts

- Raise your arms above your head and clasp your hands together. **(Don't raise your shoulders)** Keeping your torso lengthened and facing forwards, lean your torso to one side. Be careful not to let your arms go in front of your face, so the stretch is on the sides of your torso. Hold for 4-8 counts. Return your arms to above your head, and repeat on the other side.

Lower body

- **Please do not try this exercise if you have persistent hip problems.** Standing with your hand on either a surface, or the back of a sturdy chair, for balance, with feet in parallel. Using the leg furthest away from the chair, raise your knee so your leg is at a 90degree angle and foot is off the floor. Still with your leg elevated, bring you knee out to the side of your body – keeping your leg at a 90degree angle. Bring the foot back down and legs back to parallel. Repeat 4-8 times and then repeat on the other side. **(Do not lock your knee of your standing leg)**



- Sitting near the edge of your chair, or standing in parallel (you can use the back of a sturdy chair for balance), place one heel on the floor in front of you. Keep the other foot flat on the floor. Stretch down to try and touch your toes – just go as far as you are comfortable with. Hold for 4-8 counts. You can rest your hands on your thighs; shins; or touching your toes. **(Do not rest on**





Imagination Arts

your knee) Come up slowly to standing/sitting tall. Repeat on the other leg.

- Standing in parallel, place one foot in front of you and lean into that leg. Your front leg should be bent and back leg stretched – try to keep both heels on the floor. If you are struggling to keep your back heel on the floor, shorten the distance between your two feet.

(Keep both feet facing forward – not splaying outwards) See photo on the right.



- Standing in parallel, have your hands either on your hips, or use a surface or the back of a sturdy chair for balance. Keeping your legs straight, your toes pointed and using the leg furthest away from your chair, kick your leg out in front of you and back down. Repeat 4 times, then repeat out to the side, and then to the back. You can then repeat this with your other leg. **(Try to keep your upper body still and do not lock the knee of your standing leg)**

Travelling Exercise

Please ensure you have enough room to travel in from one side of a room to the other.

- Starting from one end of the room, stand in parallel with your arms either by your side; on your hips; or extend them out to your sides parallel to the floor.
- With your right foot, take a small step and place it in front of you, bending at both knees. Keep your torso straight and lengthen your spine. Now with your left leg, kick it gently through to the front – holding it in the air for a few seconds if you wish – and place it back on the floor in front of you bending both knees. Repeat by kicking your right leg through; then your left leg again; etc. Ensure you are always travelling forwards.



Imagination Arts

1.



2.



- You can advance this travelling exercise by adding in some flexes/points of the toes. After you have kicked your leg through to the front, hold it in the air for a few seconds and flex your toes to the ceiling, then point them to the ground. Repeat this foot sequence and then place the foot on the ground, bending at both knees.



Balance Exercise

- Standing tall, find your parallel. If you need to, find a work surface/back of a sturdy chair to hold on to.
- Lift one leg up in front of you, bending at the knee so you are standing on one leg. **(If using a chair, use the leg furthest away from the chair)**
- Extend the leg out in front of you so it is straight, with pointed toes. Hold for 4 counts.





Imagination Arts

- Draw a small semi-circle with your leg so it is now extended out to the side – still in the air - and hold for 4 counts.



- Finally, keep moving your leg round to the back of you, still in the air, and take it into an arabesque. If you wish, extend the opposite arm out in front of you.



- Repeat the exercise on the other leg. **(Try and keep the foot off the floor at all times, but if you need to place the foot down at intervals, be our guest!)**

Core Strength Exercise

- This exercise is for both your core muscles and your quad muscles in your legs. Sit on the edge of a sturdy chair as far as you feel comfortable and twist your body gently to one side and place your legs into a lunge position
Hold onto the back of the chair, keep your back straight and engage your core muscles. **(Try not to tense your stomach too hard!)**
Hold position for 8 counts (or longer!) and repeat on the other side.





Imagination Arts

- Sit on the edge of a sturdy chair with your feet flat on the floor. Raise your arms in front of you to shoulder height and start to lean back on your chair. Lean back and hold for 4-8 counts and return to sitting straight up. **(Try and keep your feet flat on the floor and try not to let your back touch the back of the chair)**
- Extend this stretch by lifting both legs off the ground, straight out in front of you, when you are leaning back with your torso.

We hope these exercises will keep you active in the time our Movement to Music classes are away! Please remember to have a stretch after you have finished exercising to allow the body to return to its resting state.

See you soon! 😊



Imagination Arts

Dance from Home

With Imagination Arts

Virtual Classes

Online classes for our existing Movement to Music clients

- Langford class - Tuesdays, 11:00
- Flitwick class - Tuesdays, 11:45
- Northhill class - Thursdays, 10:00

Online classes suitable for all ages and abilities (£3 per class)

- Dance Fitness - Wednesdays, 10:00
- Seated Dance - Wednesdays, 10:45
- Movement to Music - Wednesdays, 11:30

Our popular creative dance class suitable for those aged 8+ with SEND (£3 per class)

- Magic Movers - Wednesdays, 4:45

Chat & Chinwag

Helping to fight social isolation via phone conversations

- Free slots for anyone to book - Fridays, 11:00 - 3:00

Exercise of the Day

Daily videos to keep you gently moving and active at home

- www.facebook.com/ImaginationArts18

Exercise at Home Booklets

PDF booklet to keep you gently moving and active at home

- £3 per booklet



Imagination Arts

For more information, or to book onto
any of our classes, please email
info.imaginationarts@yahoo.com