



Art for life: LdV/PSH/SE/09/951

Didactic Unit By VIKSJÖFORSBALETTEN

**Title
Let's dance for health and integration!**

General aim

To make 3 groups of countryside people active in a dance context (old people, immigrants, local mothers) and to reflect the progress in a European perspective

Objectives of the session

- **body control**
- **room perception**
- **joy of movements**
- **rhythm training**
- **social interaction**
- **love of dance!**

**To Stimulate adult's creativity with different cultural feedback.
Learning soft movements and some local and international dances.
To produce a public show.
Allowing the improving self-esteem.**

Beneficiaries



**The target group is composed only by adults such as:
Hosewives connected to org. Viksjöforsbaletten through their active children, newly arrived immigrants, old people at nearby old people's house**

Target groups needs

To create a social platform in the local society via the art of dance

Specific Objective

**To find a healthier life style in a cultural context
Share the joy of movements, rythm, music and dance
Experience age mix**

- young leaders for old people
- all generations in the mothers group
- local youth leaders for immigrants

Content

Leaders and learners will meet on a regular bases (weekly)

Training for joy of the moment

Training for public presentation



The three groups will interact in preparing the public show

Activities

Dance with old people

There is a good social system in Sweden and government takes a good care of Old People, but we are trying to make there life happier and nicer. For this reason every Monday there is dance lessons for old people. It starts with a simple warming up with the slow music. Old people who are sitting in the wheelchairs are happy to listen to music and have fun. It is very good for their health and mood. For them Monday dance lessons are something much more than just dance lesson. They are preparing as they are going in theatre or cinema.

Dance with immigrants

Immigrants in the class 'Swedish for immigrants' have expressed a wish to dance and we were more than happy to help them realize this wish. Once a week they meet for an hour, separately men and women, and learn a few simple dance steps. After the warming up and light stretching we started with some basic jazz steps and simplified choreography as the participants are of different age and cultural backgrounds. During the class they relax, laugh, socialize with each other and the Swedish. Practically they are integrating into the society while taking care of their fitness.

Dance with local adults

Every Sunday afternoon in Viksjöfors, there is a class called "Mamma Dance". This session is dedicated to women who don't have time or the chance to go to the gym during the week while they are working. Every class start with a little warming up and also some soft fitness exercise. This might be one of the only moment during the week those women can meet, relax a little and have fun. This year is Bossa-nova - theme!



Tools

A dance floor

Music equipment or rythm musician (drummer)

Timing

Regular training (weekly) through out the project time

Final aims

By the end of the project there is sustainability of the activities (continuation after project)

Evaluation/testing

Figures in the tree – a symbolic evaluation model for all ages

A public show is proving the gained self esteem

Questionnaires



Recommended reading

47/05 Ehrstrand, Julia; Dansens påverkan på ett handikappat barn

www.danshogskolan.se/MediaBinaryLoader.axd?MediaArchive