## Welcome

The participants will be taken to the room, where calm and quiet music is playing. The instructor will greet everyone individually.



- People with dementia (every stage)
- Incl. disabilities



- Small group: 1 supervisor and the instructor
- Large group: companion for every participant (nurse, caregiver etc.) excl. instructor

# Objective

- Making contact
- Keeping the muscles more flexible

## Group size

- One on one
- Small: max. 5
- Large: max. 10

#### **Dancing Stories**

NO-LABEL puppet theatre & dance

Dancing, singing, storytelling and listening to music with people with dementia.

### Duration

Depends: afternoon or end of the morning.

## Tips

- Connect with your own body language.
- -Take your time, listen and look closely at the person in front of you.
- Appreciate the small things.

## Materials

- Music installation
- Microphone/headset (large group)
- Chairs (during dancing)
- Tables (during the break)

## Facilities

- Various locations
- Good dance floor
- Coffee and tea



After the activity, coffee and tea will be served. They can have a chat and say goodbye to the instructor.

