

# CHAIR GROOVE

## Description

This chair dance activity is designed for seniors to enjoy movement while seated. It can be done individually by following a video tutorial, or in a group setting, where a facilitator introduces the movements step by step. The activity promotes cognitive engagement, physical exercise, and enjoyment in a safe and accessible format.

## Learning Objectives



- Enhance cognitive fitness through memorization and following movement patterns.
- Improve coordination, flexibility, and fine motor skills.
- Foster a sense of accomplishment and emotional well-being.
- Provide opportunities for social interaction (in group settings).



## Time Needed

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## Learning Setting

individual or as group activity

## Materials Required

- Sturdy chairs without armrests in a circle or semi-circle
- individual activity: A device with internet access (computer, tablet, or TV) for playing videos.
- group activity: a music device
- Optional: light handheld props like scarves or small balls to enhance engagement.

## Expected Results

- Improved cognitive and physical fitness through active participation.
- Increased confidence in following instructions and learning new patterns.
- Enhanced mood and reduced feelings of isolation.
- Opportunities for social bonding in group settings.

## Source

Wisamar  
(Videos: YouTube)



Co-funded by  
the European Union

## Step By Step Guidance

### For Individual Setting:

- Select a chair dance video that you like. Here are two examples:  
[Line Dance](#) (14 min)    [Chair Dance Fitness](#) (8:50 min)
- Find a comfortable, sturdy chair in a space where you have enough room to stretch your arms and legs. Place your device (tablet, laptop, or TV) where you can see it easily.
- Sit up straight with your feet flat on the floor. Relax your shoulders, and take a deep breath to get in the right mindset
- Press play and let the instructor guide you. Don't worry about getting every move perfect—just do your best and move in a way that feels good for you.
- If a movement feels too challenging, simplify it or take a short pause.
- Enjoy the music and the movement - feel the groove :)

### For Group Setting:

- Gather participants and ensure they are seated in a way that allows everyone to see the facilitator.
- Start with some easy movements for warm-up and limber-up
- Break the routine into smaller sections and demonstrate each movement slowly, step by step.
- Guide participants to practice each movement together, repeating if necessary. Encourage the participants to join in with the movements as much as they can. It's not about perfection, but about having fun.
- Once everyone is comfortable, combine the movements into a full routine and perform together, optionally with background music.
- Don't forget to applaud for your performance
- Conclude with light stretching or relaxation movements.

## Practical Tips

- Adjust the pace and complexity of the movements to match the group's abilities.
- Use clear and simple verbal cues, combined with demonstrations.
- Encourage participants to modify movements as needed for their comfort and safety.
- Consider playing familiar or upbeat music to enhance engagement.
- Light, easy-to-handle props can make the activity more dynamic:
  - Scarves or ribbons to wave them in time with the music.
  - Small hand balls to mimic tossing or squeezing motions during the dance.
  - Noisemakers like lightweight tambourines or maracas as rhythmic element.