

CREATING THROUGH MOVEMENT

con Priscilla

¡Hola!

Bailar



Respirar

Buenos
Días

BIENVENIDOS, BIENVENIDAS, BIENVENIDXS



¡Hola! Mi nombre es Priscilla. ¿Cómo te llamas tú?

Hi! My name is Priscilla. What is your name?

I'm so excited you will be joining me in this immersive language and creative journey! **Movimiento** / **Movement** is a great way to learn **Español** / **Spanish**. Our **cuerpos** / **bodies** remember just like our brains do!

WHAT'S INCLUDED IN THE VIDEOS?



INTRODUCTION *con Priscilla*



EL BAILE DEL CEREBRO / BRAINDANCE



CREATIVE DANCE GAME *con tu cuerpo*

KEY TO THE COLORS OF WORDS TO HELP GUIDE YOU

★ PALABRAS EN NEGRO O ROSA ★
EN ESPAÑOL

★ WORDS IN WHITE OR ORANGE ★
IN ENGLISH

¿QUÉ NECESITAS PARA LAS ACTIVIDADES? WHAT DO YOU NEED FOR THE ACTIVITIES?

★ ÉSPACIO - SPACE

FIND AN AREA IN YOUR
CASA/HOUSE THAT YOU CAN
BAILAR /DANCE IN.

★ TRATAR - TRY

MAKE SURE TO TRY ALL THE
ACTIVITIES AND REPEAT THEM
ANOTHER DÍA/DAY!

★ ROPA CÓMODA - COMFORTABLE CLOTHING

WEAR CLOTHING THAT YOU CAN BAILAR/DANCE
IN. TAKE OFF YOUR SHOES TOO!

★ ¡A DISFRUTAR! HAVE FUN!

THE MOST IMPORTANTE/IMPORTANT

ENJOY!

PRACTICE
THE WORDS
OUT LOUD

SOME PALABRAS / WORDS TO GET TO KNOW BEFORE WE BEGIN:

★ EL CUERPO - BODY

★ LA BARRIGA - STOMACH

★ LA CABEZA - HEAD

★ LA COLA - TAIL

★ LOS HOMBROS - SHOULDERS

★ LAS PIERNAS - LEGS

★ LOS BRAZOS - ARMS

★ LAS RODILLAS - KNEES

★ LAS MANOS - HANDS

★ LOS PIES - FEET

SAY THE
WORDS
OUT LOUD!

CAN YOU LOCATE THE BODY PART WITH THE PALABRA/WORD?

LA CABEZA

LAS MANOS

LOS HOMBROS

LOS BRAZOS

LAS RODILLAS

LA BARRIGA

LAS PIERNAS

LOS PIES

IMAGE: PRISCILLA DEMONSTRATING GRANDE IN EL BAILE DEL CEREBRO VIDEO

¿QUÉ ES EL BAILE DEL CEREBRO?

WHAT IS BRAINDANCE?

“BrainDance was developed by Anne Green Gilbert, is a sequential and holistic exercise based on developmental movement patterns healthy human beings naturally move through in the first year of life.”

-CREATIVE DANCE CENTER WEBSITE

¿QUÉ ES EL BAILE DEL CEREBRO?

WHAT IS BRAINDANCE?

THE 8 MOVEMENT SEQUENCES INSPIRED BY BRAINDANCE THAT WE WILL EXPERIENCE IN ESPAÑOL ARE:

1 RESPIRAR - BREATH

5

ARRIBA Y ABAJO - UP AND DOWN

2 TACTO - TACTILE

6

LADO - SIDE

3 PEQUEÑO Y GRANDE - BIG AND SMALL

7

CRUZAR - CROSS

4 CABEZA Y COLA - HEAD AND TAIL

8

VUELTA - TURN

¿QUÉ ES EL BAILE DEL CEREBRO?

WHAT IS BRAINDANCE?

By going through the 8 movement sequences every day, your brain and body are ready to learn and feel great! Plus, you'll do them while practicing your **Español**/Spanish!

CREATIVE DANCE GAME WITH YOUR CUERPO

FOR THIS JUEGO / GAME, YOU CAN CHOOSE ANY BODY PART (TRY TO SAY IN ESPAÑOL) AND DANCE WITH IT! IMAGINE THAT YOU ARE TELLING A STORY, OR PAINTING WITH COLORES, AND THAT EACH BODY PART IS SAYING SOMETHING DIFFERENT. CHOOSE YOUR FAVORITE MÚSICA/ MUSIC AND DISFRUTA / ENJOY!

WHAT IS YOUR CUERPO/BODY SAYING? TODAY?

BUENOS DÍAS CANCIÓN



GOOD MORNING SONG

BUENOS DÍAS, BUENOS DÍAS

¿CÓMO ESTÁS? ¿CÓMO ESTÁS?

MUY BIEN GRACIAS, MUY BIEN GRACIAS

¿Y USTED? ¿Y USTED?

GOOD MORNING, GOOD MORNING

HOW ARE YOU? HOW ARE YOU?

VERY GOOD THANK YOU, VERY GOOD THANK YOU

AND YOU? AND YOU?

MUCHAS GRACIAS

THANK YOU

MUCHAS GRACIAS FOR PARTICIPATING IN MY PROGRAM AND THE ACCOMPANYING VIDEOS TODAY. YOU CAN SEE MORE OF MY WORK AS A *Performing Artista* ON MY WEBSITE AT WWW.PRISCILLAMARRERO.COM. I HOPE YOU ENJOYED IT AND WILL REPEAT IT AGAIN SOMETIME SOON!

Con mucho cariño,

Priscilla 

A SPECIAL MUCHAS GRACIAS TO MI GENTE WHO HELPED MAKE THIS POSSIBLE:

"EL BAILE DEL CEREBRO" INSPIRED BY THE WORK OF "BRAINDANCE" BY ANNE GREEN GILBERT

ORIGINAL MUSIC BY MARIANA IRANZI

FILMED AND PERFORMED BY PRISCILLA MARRERO

COMMUNITY

*Muchas
gracias*

MUCHAS GRACIAS TO THE GLUCK CLASSROOM FELLOWSHIP, UCR DANCE DEPARTMENT AND THE WONDERFUL FOLKS CHRISTINE G. LEAPMAN, LUIS LARA MALVACÍAS, JOSE L. REYNOSO, AND JOSEPH SANTARROMANA FOR THIS OPPORTUNITY. AS WELL AS ALL MY MAGICAL STUDENTS THROUGHOUT THE YEARS THAT HAVE DANCED WITH ME AND TAUGHT ME SO MUCH ABOUT THE JOY IN MOVEMENT. LAST BUT NOT LEAST, MI COMPAÑERO THROUGH IT ALL, FERRAN MARTÍN. 