



Rumpelstiltskin Warm Up Video

Fireflies Dance

Before beginning our 'Rumpelstiltskin's Fireflies Dance Warm Up' video please ensure you are in a clear space with plenty of room to move.

If you haven't participated in any of our videos before, please read through our tips for working safely below. If you have already read these, you can skip straight to page 2 to see our Exercise Breakdown with useful tips!

SAFE PRACTICE

BEFORE YOU BEGIN – CHECK LIST

Are you dancing safely?

Don't do anything that hurts or feels uncomfortable!

If the movement from our videos hurts or feels uncomfortable – change it! You can always adapt or change the movement, so it feels comfortable for your body.

Are you injured?

If you are injured, we suggest you don't take part in these videos, or make sure you are able to adapt the material safely.

If you do hurt or injure your body – rest and seek medical advice.

Is your space safe?

Make sure you are in a clear space with lots of room to dance around, especially if you are dancing with other people.

THINGS TO CHECK:

Are there any objects on the floor that you could stand on or trip over?

Are there any things in the space that you could break?

Anything else?

We suggest wearing comfortable clothing that you can move easily in and bare feet.

Make sure you're not wearing anything slippery on your feet!

Go at your own pace – you can stop and start the videos at any time, and go back if you missed any instructions or moves. We suggest you watch each video once before joining in so that you know what to expect.

Have fun dancing!



Fireflies Dance Warm Up

Exercise Breakdown with useful tips!

When doing our 'Rumpelstiltskin's Fireflies Dance Warm Up' video, it's important to remember it's not about doing every movement perfectly but having fun whilst dancing along.

In this video our dancers are dancing with two golden fireflies. You do not need your own fireflies to dance this warm up you can just use your imagination, or if you'd prefer you can use feathers or make your own fireflies out of gold paper or other materials you have at home.

- Rumpelstiltskin has two golden fireflies that he keeps in a big glass jar, crouch down and open your imaginary jar.
- Grab hold of one imaginary firefly and make it buzz around inside the jar then make it fly out, weaving from side to side using the whole body. Reach it high, flying above your head, then make it weave its way back down, back into the jar. Repeat with the other fly and arm.
- Start with the first arm again. This new fly is very quick and zooms straight out to the sky, as high as you can reach, and back again quickly. Repeat with the other fly and arm.
- Now do two together, both zoom out bringing your hands into a big star shape position and then fly back into the jar again, bringing you to a small crouch. Repeat 3 times.
- Make our fireflies fly in 2 big circles.
- Make a big starfish position and make one firefly fly diagonally across the body to reach down to the opposite foot and back up. Repeat on the other side.
- One firefly flies under the opposite leg. Repeat on the other side.
- Throw one firefly in the air and catch it, then throw the other in the air and catch it, now throw both in the air and catch them.
- Crouch down on one knee, make one firefly fly around and land on the palm of your other hand, clap your hands together and pretend to squash it. Repeat on the other side.
- Make both fireflies fly around and pretend to swallow them.



- Make your body wobble and shake, as you imagine the fireflies flying and zooming around inside your body.
- Pretend that the fireflies fly back out of your mouth, catch them, and make them gently float back down to go to sleep back in the jar.

Cool Down

After dancing we recommend that you give yourself time to cool down. You can either follow one of our cool down videos or do your own stretches.