

# MOMENTUM

*Movement to Music*



Older  
People's  
Ministries



*Gentle arm-chair  
based movements  
with music &  
scripture*

## LEADERS GUIDE

**Fully Scripted  
Programme**

**Movement**

**Music**

**Scripture**

**Prayer**

Group Sessions created to help older people participate in gentle movement through music and worship.

Promoting the well-being of body, mind and spirit.

**'They will still bear fruit in old age,  
they will stay fresh and green.' Psalm 92:14**

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# Introduction

**Movement to music promotes positive well-being of mind, body and spirit. Each session has a theme using Bible verses, prayers and Christian music to promote gentle movement focusing our thoughts on God and being found in community as a group of people together.**

Momentum is a movement.  
The movement could be in any direction.

The movement could be in a positive direction or a negative direction.

Life is all about momentum.  
With the help of God, each of us can watch the momentum build with our small beginnings!

*It's time to get moving.  
Can you feel the  
momentum building  
already?*

**Paul describes spiritual momentum in  
Philippians 3:14:**

*"I press on toward the goal for the prize of the upward call of God in Christ Jesus."*

**The simple act of enjoying music and moving our bodies fifteen minutes a day can yield wonderful benefits that speak into the mental, emotional, and spiritual parts of us.**

**Not only does science back this up but our bodies confirm it in the way we feel.**

**'They will still bear fruit in old age,  
they will stay fresh and green.' Psalm 92:14**

**Each session is tailored to fit a theme and includes the music for movement, a prayer, Bible reading and a short devotion. Each session lasts no more than 30 minutes and can be used as a one-off or as part of a series. There are some elements which remain the same to help with the rhythm and familiarity of the session. These are highlighted throughout the resource.**

We hope that this resource will provide another access point for people on their faith journey and a time of community for many breaking through the loneliness and isolation that so many older people encounter day to day.

To watch a **live session** in progress visit our Youtube Channel by following the link below. This will help you see how to set up your group and lead a session  
<https://youtu.be/ljZ7Ty08Tww>

## Top Tips

- ~ Notice everything in the shaded area is the same every session!
- ~ Ensure chairs are set up prior to arrivals
- ~ Learn the movements
- ~ Print a copy of the movements to remind you
- ~ Preparation is the key to success!
- ~ A portable speaker might make life easier

**'They will still bear fruit in old age,  
they will stay fresh and green.' Psalm 92:14**

## Top Tip

~ When using Youtube turn your volume down (or mute your device) when any adverts are playing

### **A key element to this resource is the music.**

There are different ways in which you can organise your music so that it is ready to play as the session progresses.

We have provided 'playlists' on the Music & Creative Arts **Youtube Channel** for each session so that you don't have to make your own. These can be accessed using the link below. Take a look, we hope you find these helpful

<https://www.youtube.com/c/MusicandCreativeArts/playlistst>

### **What if I want to create a playlist on my phone?**

The best way to do this is using Spotify or if you have the ability to download music onto your phone or ipad then you can create your own playlists.

### **What's the best way to listen to the music?**

One way is to use a portable bluetooth speaker. These can be purchased for around £20-£30. You can link your device (phone or ipad) to the speaker and use the pause button on your device in-between each track.

### **What if I don't use technology?**

We suggest you could change the songs in the resource to some out of the Salvation Army Songbook and ask a pianist to play them for you. The movements will generally fit to any style and type of music

**'They will still bear fruit in old age,  
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## SESSION 1

# MOMENTUM BUILDS WHEN WE UNDERSTAND THE PROMISES OF GOD ARE SURE

*(All the sections in shading are the same for every session)*

**Preparation : Music, Beach Ball/Soft Ball, Scarves, Chairs in a circle**

### **Welcome & Introduction (Including Important Disclaimer)**

Remind everyone to take the movements at their own pace and that they need to feel comfortable in their movements, not overstretching or pushing themselves into something that makes any area of their body feel uncomfortable. **All the movements are done with everyone taking responsibility for themselves and their own movements.**

### **Welcome**

As you welcome everyone, throw a large beach ball around the circle to get people saying hello to each other as they throw the ball to one another across the group.

### **Warm up**

'We have come into this place' by Bruce Ballinger  
<https://www.youtube.com/watch?v=kij0AdA05Ow>

### **Prayer**

**(See separate united prayer)**

### **Legs Warm up & upper body movement**

'You say' By Lauren Daigle  
<https://www.youtube.com/watch?v=oZvKJl1kK8g>

### **Scripture Psalm 121**

### **Seated Dance**

'Righteousness, peace, joy in the Holy Ghost' by Ron Kenoly  
<https://www.youtube.com/watch?v=HW5X581VwPw>  
*(Scarves optional)*

**'They will still bear fruit in old age,  
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## ***Session 1 Continued.***

### **Pause for thought: Momentum builds when we understand the Promises of God are sure**

There are many promises of God's love, peace and joy found in the Bible. These promises help us to face each new day knowing that they help build our momentum of strength and courage. John 3:16 says that 'God so loved the world that he gave his one and only Son so that everyone who believes in him will never perish but have eternal life.' God's promise of love is sure. Romans 15:13 is a prayer for each one of us. 'Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit.' God's promises of joy and peace are sure.

Throughout our lives we have probably made many promises but sadly some of those promises may have been broken. God however, does not break his promises, he can be trusted completely and our momentum will build more and more once we trust him to fulfil his promises. Today, what is it that you need from God? Is it peace to calm your soul, is it love to warm your heart or is it joy to banish the sadness? Whatever it is God is here to offer all of this and more to you today. You just need to reach out and accept the gifts God is promising to you, and the best thing is they are all free.

### **Gentle stretches & cool down**

'You raise me up' by Josh Groban

<https://www.youtube.com/watch?v=uyEokxi2hWY>

### **Thanksgiving Time for those who wish to give their thanksgiving for today:**

Thank you God for... (ask people to speak out their thanks) or I am thankful for...

### **Breathing Prayer**

'Breathe on me breath of God' by Kaleb Brasee (Instrumental only)

<https://www.youtube.com/watch?v=ro9EJqBMDWw>

**'They will still bear fruit in old age,  
they will stay fresh and green.' Psalm 92:14**

## SESSION 2

### MOMENTUM BUILDS FROM SMALL BEGINNINGS

*(All the sections in shading are the same for every session)*

**Preparation** : Music, Beach Ball/Soft Ball, Scarves, Chairs in a circle

#### **Welcome & Introduction (Including Important Disclaimer)**

Remind everyone to take the movements at their own pace and that they need to feel comfortable in their movements, not overstretching or pushing themselves into something that makes any area of their body feel uncomfortable. **All the movements are done with everyone taking responsibility for themselves and their own movements.**

#### **Welcome**

As you welcome everyone, throw a large beach ball around the circle to get people saying hello to each other as they throw the ball to one another across the group.

#### **Warm up**

'We have come into this place' by Bruce Ballinger

<https://www.youtube.com/watch?v=kij0AdA05Ow>

#### **Prayer**

(See separate united prayer)

#### **Legs Warm up & upper body movement**

'For I'm building a people of power' by Ingrid DuMosch

<https://youtu.be/L5Njyc7gWvo>

**Scripture** - Zechariah 4:10

#### **Seated Dance**

'Righteousness, peace, joy in the Holy Ghost' by Ron Kenoly

<https://www.youtube.com/watch?v=HW5X581VwPw>

(Scarves optional)

'They will still bear fruit in old age,  
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## Session 2 Continued.

### **Pause for thought: Movement commences from small beginnings**

In the book of Zechariah, after coming out of an 80-year Babylonian exile and having the glorious temple that King Solomon built be reduced to rubble, it was now time for God's people to rebuild a new temple. To the younger generation, this was a huge milestone. But to the 'older people' who saw the glory and splendour of the previous temple, this latest edition of the new temple paled in comparison.

God had a message for Zechariah to pass along to both young and old alike: "Do not despise these small beginnings, for the Lord rejoices to see the work begin." Zechariah 4:10

This latest temple seemed modest compared to the previous version, but God still wanted them to celebrate the fact that construction had begun. Progress was now being made. A hopeful momentum was now set in motion.

Is it time for us personally to start a 'hopeful momentum in motion'? What small things can you do in your life to move forward and start the beginning of a new journey or chapter? Is it time for you to say yes to something new and acknowledge help in making that step? Is it accepting that things take time to begin and grow so you're in need of patience to sustain you? Perhaps it's accepting that things are different to what they have been in the past? Whatever it is that is your new beginning, God can help you move forward.

### **Gentle stretches & cool down**

'Thy word is a lamp unto my feet' by Maranatha Singers

<https://youtu.be/npWJZwgmKMo>

### **Thanksgiving Time for those who wish to give their thanksgiving for today:**

Thank you God for... (ask people to speak out their thanks) or I am thankful for...

### **Breathing Prayer**

'Breathe on me breath of God' by Kaleb Brasee (Instrumental only)

<https://www.youtube.com/watch?v=ro9EJqBMDWw>

**'They will still bear fruit in old age,  
they will stay fresh and green.' Psalm 92:14**

# SESSION 3

## MOMENTUM BUILDS WHEN THE PRESENCE OF GOD IS MOVING

*(All the sections in shading are the same for every session)*

**Preparation** : Music, Beach Ball/Soft Ball, Scarves, Chairs in a circle

### **Welcome & Introduction (Including Important Disclaimer)**

Remind everyone to take the movements at their own pace and that they need to feel comfortable in their movements, not overstretching or pushing themselves into something that makes any area of their body feel uncomfortable. **All the movements are done with everyone taking responsibility for themselves and their own movements.**

### **Welcome**

As you welcome everyone, throw a large beach ball around the circle to get people saying hello to each other as they throw the ball to one another across the group.

### **Warm up**

'We have come into this place' by Bruce Ballinger  
<https://www.youtube.com/watch?v=kij0AdA05Ow>

### **Prayer**

(See separate united prayer)

### **Legs Warm up & upper body movement**

'Here comes the sun' by the Beatles  
<https://youtu.be/mc1ta1UMGeo>

**Scripture** - Psalm 139:1-10

### **Seated Dance**

'Righteousness, peace, joy in the Holy Ghost' by Ron Kenoly  
<https://www.youtube.com/watch?v=HW5X581VwPw>  
(Scarves optional)

**'They will still bear fruit in old age,  
they will stay fresh and green.' Psalm 92:14**

## **Session 3 Continued.**

### **Pause for thought: The Presence of God is Moving**

Speed alone does not define momentum. Momentum is determined by both speed and the weight, or density of the object that is moving.

Imagine that you are standing at the top of a hill holding a large plastic ball, such as a beach ball, and a friend is at the bottom. You release the ball and your friend stops it easily at the bottom of that hill. Now, imagine yourself holding a rock, the same size as that ball, and you release it using the same motion. You would soon be running to get out of the way, because by the time it hit the bottom that rock would have gathered speed. The choice would be to move or get flattened!

God says "It is time for an encounter with My Presence. and when the weight of My glory collides with your preparation and your obedience, you are going to experience unstoppable momentum." In the Psalm we were reminded that God's presence is constant and thankfully there is no way of removing ourselves from his presence. As you move through this week, step by step, moment by moment, let his presence move with you, through you and within you. When we live in this way, there is no stopping what God can do through us.

### **Gentle stretches & cool down**

'The Spirit of the Lord is on me now' by Graham Kendrick

<https://youtu.be/8Qxr0nYxLAU>

### **Thanksgiving Time for those who wish to give their thanksgiving for today:**

Thank you God for... (ask people to speak out their thanks) or I am thankful for...

### **Breathing Prayer**

'Breathe on me breath of God' by Kaleb Brasee (Instrumental only)

<https://www.youtube.com/watch?v=ro9EJqBMDWw>

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## SESSION 4

### MOMENTUM BUILDS WHEN THE RHYTHM OF LIFE IS SET

*(All the sections in shading are the same for every session)*

**Preparation** : Music, Beach Ball/Soft Ball, Scarves, Chairs in a circle

#### **Welcome & Introduction (Including Important Disclaimer)**

Remind everyone to take the movements at their own pace and that they need to feel comfortable in their movements, not overstretching or pushing themselves into something that makes any area of their body feel uncomfortable. **All the movements are done with everyone taking responsibility for themselves and their own movements.**

#### **Welcome**

As you welcome everyone, throw a large beach ball around the circle to get people saying hello to each other as they throw the ball to one another across the group.

#### **Warm up**

'We have come into this place' by Bruce Ballinger  
<https://www.youtube.com/watch?v=kij0AdA05Ow>

#### **Prayer**

(See separate united prayer)

#### **Legs Warm up & upper body movement**

'Dance Like David Danced'  
<https://www.youtube.com/watch?v=c36LsIAs-Yc>

**Scripture** - (The Message Version) Romans 12,1,2

#### **Seated Dance**

'Righteousness, peace, joy in the Holy Ghost' by Ron Kenoly  
<https://www.youtube.com/watch?v=HW5X581VwPw>  
(Scarves optional)

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they will stay fresh and green.' Psalm 92:14

## **Session 4 Continued.**

### **Pause for thought: The Rhythm of Life**

Momentum has a RHYTHM, and when we recognise the way it beats in time and gets in sync, we can use it to our advantage.

Jesus lived in an inside-out rhythm of life. Again, and again in the Gospels we see him withdraw from the crowds to go and pray alone in a quiet place by the lake, in the hills, in the desert, or up in the mountains. He shared his heart with the Father. He prayed and meditated on Scripture. He listened to the Father, submitted to his leadership, and obeyed.

Momentum is uninterrupted when we make time and space to embrace God and his life and to love others in Jesus' name. The Bible verses reminded us that our everyday ordinary life is to be placed before God as an offering. Think quietly about your everyday life, from waking to sleeping. The moments you spend with others, time spent doing everyday chores, and then think about the quiet moments you have or don't have with God. Do you need to take yourself away to be quiet before God more or can you identify the times you already do that? Having a rhythm to our day will always be better when God is part of that rhythm. Let's be quiet just now for a few moments and acknowledge his presence here with us today.

### **Gentle stretches & cool down**

'The Lord's my Shepherd' by Stuart Townsend

<https://youtu.be/pN4tPkX0MG0>

### **Thanksgiving Time for those who wish to give their thanksgiving for today:**

Thank you God for... (ask people to speak out their thanks) or I am thankful for...

### **Breathing Prayer**

'Breathe on me breath of God' by Kaleb Brasee (Instrumental only)

<https://www.youtube.com/watch?v=ro9EJqBMDWw>

**'They will still bear fruit in old age,  
they will stay fresh and green.' Psalm 92:14**

## SESSION 5

### MOMENTUM BUILDS WHEN WE CELEBRATE GOD'S WORK

*(All the sections in shading are the same for every session)*

**Preparation** : Music, Beach Ball/Soft Ball, Scarves, Chairs in a circle

#### **Welcome & Introduction (Including Important Disclaimer)**

Remind everyone to take the movements at their own pace and that they need to feel comfortable in their movements, not overstretching or pushing themselves into something that makes any area of their body feel uncomfortable. **All the movements are done with everyone taking responsibility for themselves and their own movement.**

#### **Welcome**

As you welcome everyone, throw a large beach ball around the circle to get people saying hello to each other as they throw the ball to one another across the group.

#### **Warm up**

'We have come into this place' by Bruce Ballinger  
<https://www.youtube.com/watch?v=kij0AdA05Ow>

#### **Prayer**

(See separate united prayer)

#### **Legs Warm up & upper body movement**

'Celebrate good times' by Kool & The Gang  
<https://www.youtube.com/watch?v=clg6odS-fA0>

**Scripture** - Ephesians 5:1,2

#### **Seated Dance**

'Righteousness, peace, joy in the Holy Ghost' by Ron Kenoly  
<https://www.youtube.com/watch?v=HW5X581VwPw>  
(Scarves optional)

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they will stay fresh and green.' Psalm 92:14



## Session 5 Continued.

### **Pause for thought: Celebrate God's Work In Our Lives**

God is at work in your life. Any momentum you have is because you received it from God. You may not be able to see it or feel it, but God is at work in you. He has always desired to give people new life in Christ. He is transforming people into the image of Jesus. He is restoring relationships, changing lives, and building up his people.

Sharing how God is at work will encourage other people to know they are gaining momentum by participating in God's work. Think for a moment about how God might be opening doors to transform your life. Are you striving to become more like him in your words, thoughts and deeds?

Imagine taking your shoes off, laying them aside and taking up a pair of Jesus' shoes. Wherever you walk you take Jesus with you. People can see it in the way you talk and the way you live. An old chorus says 'To be like Jesus, this hope possesses me. In every thought and deed, this is my aim, my creed. To be like Jesus, this hope possesses me, His Spirit helping me, like Him I'll be.'

God is at work in you so keep moving forward and let his momentum of love flow through your life each and every day.

### **Gentle stretches & cool down**

'Take my life and let it be' by Chris Tomlin

<https://www.youtube.com/watch?v=V0Byp7aK2DA>

### **Thanksgiving Time for those who wish to give their thanksgiving for today:**

Thank you God for... (ask people to speak out their thanks) or I am thankful for...

### **Breathing Prayer**

'Breathe on me breath of God' by Kaleb Brasee (Instrumental only)

<https://www.youtube.com/watch?v=ro9EJqBMDWw>

**'They will still bear fruit in old age,  
they will stay fresh and green.' Psalm 92:14**

## SESSION 6

### MOMENTUM BUILDS WHEN YOU HAVE A VISION

*(All the sections in shading are the same for every session)*

**Preparation** : Music, Beach Ball/Soft Ball, Scarves, Chairs in a circle

#### **Welcome & Introduction (Including Important Disclaimer)**

Remind everyone to take the movements at their own pace and that they need to feel comfortable in their movements, not overstretching or pushing themselves into something that makes any area of their body feel uncomfortable. **All the movements are done with everyone taking responsibility for themselves and their own movement.**

#### **Welcome**

As you welcome everyone, throw a large beach ball around the circle to get people saying hello to each other as they throw the ball to one another across the group.

#### **Warm up**

'We have come into this place' by Bruce Ballinger  
<https://www.youtube.com/watch?v=kij0AdA05Ow>

#### **Prayer**

(See separate united prayer)

#### **Legs Warm up & upper body movement**

'Things' by Nancy Sinatra and Dean Martin  
<https://www.youtube.com/watch?v=xk5UIZaT2TU>

**Scripture** - Isaiah 43:19

#### **Seated Dance**

'Righteousness, peace, joy in the Holy Ghost' by Ron Kenoly  
<https://www.youtube.com/watch?v=HW5X581VwPw>  
(Scarves optional)

**'They will still bear fruit in old age,  
they will stay fresh and green.' Psalm 92:14**

## **Session 6 Continued.**

### **Pause for thought: Momentum builds when you have a vision**

It is sometimes easier to look back than to look forward. But life is about thanking God for what is past and the memories it holds and looking forward to what's next. Momentum takes you places. It allows us to purposefully advance God's Kingdom on earth. Matthew 6:10 – "Your Kingdom come, Your will be done, on earth as it is in Heaven." However, nobody said it was going to be easy. Motion causes friction and when Momentum builds in God's direction – resistance will come.

In the Charlie Brown cartoon, Charlie shoots an arrow at the wooden fence, where the arrow hopefully sticks; he draws a bull's eye ring around it. What Charlie Brown needs is focus! If there is no real focus to your vision and no goal for moving forward, then momentum can be broken.

Momentum happens when we purposefully set our vision and focus on good things and set our own goals, however small and humble we perceive them to be. Giving up is not an option. We maintain momentum even if times are difficult and we maintain the things that keep us growing. This is still moving forward, day by day. Maintaining that momentum gives momentum to others. The moment you say, "Yes, I'm drawing my target – I'm going for it", your life begins to encourage others.

### **Gentle stretches & cool down**

'Be Thou my vision' by Nathan Pacheco

<https://www.youtube.com/watch?v=ihJAJA4ibEs>

### **Thanksgiving Time for those who wish to give their thanksgiving for today:**

Thank you God for... (ask people to speak out their thanks) or I am thankful for...

### **Breathing Prayer**

'Breathe on me breath of God' by Kaleb Brasee (Instrumental only)

<https://www.youtube.com/watch?v=ro9EJqBMDWw>

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## UNITED PRAYER FOR THOSE WHO CHOOSE TO JOIN IN

(Simple movements could be used with each line,  
eg. lifting up hands, looking up, lowering head etc.)

### **Leader words in bold**

*Participants words in Italics*

**Father today, We lift up our hands**

*And we worship you*

**We lift up our eyes to see you**

*And we worship you*

**We bow down before you**

*And we worship you*

**We open our hearts to your love**

*And we worship you*

**We offer our bodies as temples for your Holy Spirit**

*And we worship you*

**We join together as friends and friends with you**

*And we worship you*

**In the name of Jesus we pray Amen**

*Amen*

'They will still bear fruit in old age,  
they will stay fresh and green.' Psalm 92:14

## **BREATHING PRAYER BY CHRISTINE SINE**

*(Encourage people to sit quietly breathing in and out as their body relaxes)*

Breathe in the breath of God

Breathe out your cares and concerns

Breathe in the love of God

Breathe out your doubts and despairs

Breathe in the life of God

Breathe out your fears and frustrations

We sit quietly before the One who gives life and love to all creation,

We sit in awe of the One who formed us in our mother's wombs

We sit at peace surrounded by the One who fills every fibre of our being

Breathe in the breath of God

Breathe out your tensions and turmoil

Breathe in the love of God

Breathe out your haste and hurry

Breathe in the life of God

Breathe out your work and worry

We sit quietly before the One who gives life and love to all creation

**'They will still bear fruit in old age,  
they will stay fresh and green.' Psalm 92:14**

Please see the Example Session found on our Youtube Channel <https://youtu.be/ljZ7Ty08Tww>

To help you we have given simple prompts below to help you.

## ***Song 1 (We have come into this place)***

Lift right shoulder up towards ear and back down again  
Lift left shoulder up towards ear and back down again  
(Repeat these movements for the *whole of verse 1*)

Gently roll both shoulders backwards at the same time  
(Very slowly and gently - for the *whole of verse 2*)

Make fist and bend your right arm with your fist near shoulder. Then raise as far as you can comfortably and stretch your fingers. Then bring arm back down making a fist and bending at your elbow.  
(Repeat this whole movement with the left arm and continuing to do these movement for the *whole of verse 3*)

On the last refrain 'let us worship him Christ the Lord' raise both arms comfortably towards the Heavens and then back down again.



Please see the Example Session found on our Youtube Channel <https://youtu.be/ljZ7Ty08Tww>

To help you we have given simple prompts below to help you.

***Song 2 (This song will change each session but the movements remain the same)***

Place feet firmly on the floor.

Gently raise your toes up onto your heels and back down  
(Repeat 4 times)

Gently raise your heels onto your toes and back down  
(Repeat 4 times)

Pretend to hold a ball and throw this forwards, then to the left, then to the right and then to the floor  
(Repeat this movement twice)

Raise right arm up in front of you as far as is comfortable and then bring back down then raise your left arm up in front of you and then back down.

Whilst seated, march feet on the spot (gently)  
(REPEAT ALL OF THE ABOVE MOVEMENTS)

Please see the Example Session found on our  
**Youtube Channel** <https://youtu.be/ljZ7Ty08Tww>

To help you we have given simple prompts  
below to help you.

### ***Song 3 - Righteousness, peace, joy in the Holy Ghost***

#### ***USING SCARVES WHICH CAN BE PURCHASED ONLINE FROM DIFFERENT RETAILERS FOR AROUND £5-£10***

Holding the scarf near the ends with both hands start  
with a rowing motion forwards and backwards  
Do this action twice (scarf should be horizontal to body)

Then place one hand above the other so the scarf is  
lateral and go from one side to the other  
(Do this action twice)

Taking hold of the scarf in one hand go across the  
body making 4 circular movements then change  
hands with the scarf and move to the other side  
of the body to do the same movement.

Go back to the rowing movement and repeat all above.

In the middle of the song let people make their own  
movements with the scarves, eg. Figure of 8's.

Please see the Example Session found on our Youtube Channel <https://youtu.be/ljZ7Ty08Tww>

To help you we have given simple prompts below to help you.

***Song 4 - (The Gentle Stretches and Cool Down Song will change each session but the movement remain the same)***

Don't rush - gentle, unhurried and relaxing movements

Raise both hands to touch your shoulders then raise your hands towards the Heavens as far as is comfortable. Bring both hands back to touch your shoulders then place both hands on your knees.

(Repeat twice)

Slowly roll both shoulders back and then gently squeeze your shoulder blades together then relax.

(Repeat 4 times)

Then turn and place both hands on the side of the chair and hold for a couple of seconds, then repeat on the other side of the chair.

Gently lift legs one at a time to straighten them.

(Repeat 4 times)

For those who can stand ask them to stand and gently straighten their bodies in a gentle stretch.

Once sat back down finish with making a large circle movement in front of your body with both hands.

**For further information and support please contact  
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**This resource is produced by  
The Salvation Army's Older People's Ministries Team in the  
United Kingdom and Ireland Territory, 2021.**

**The Salvation Army is a church and registered charity in England (214779),  
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**Territorial Commander for the United Kingdom and Ireland:  
Commissioner Anthony Cotterill**



**Older  
People's  
Ministries**

**'They will still bear fruit in old age,  
they will stay fresh and green. Psalm 92:14**