



# KEY TAKEAWAY POINTS

## Cognition

## CEREBRAL PALSY (CP) AND COGNITION

### Executive Functioning Skills

Individuals with CP can struggle specifically with attentional control, cognitive flexibility, and information processing. This may be due to various social and learning delays caused by decreased participation in play at a young age.

## RESEARCH

### Dance and Cognition

Studies have shown that using dance, especially in group settings, is an inclusive way to help individuals with CP engage in motivating kinesthetic movement to engage cognitive skills

## DANCE AND COGNITION TIP 1

### Increase Difficulty

As the individual gets more familiar with repeated and learned dance steps, use the next session to begin grading up the difficulty by adding more complex steps and combinations

## DANCE AND COGNITION TIP 2

### Dance Memory Game

In a group, have each individual go around the circle and demonstrate a dance move. The individual has to remember the move of the person before him or her, and then create a new one.

## DANCE AND COGNITION TIP 3

### Categorization

In a group, play a song and call out various characteristics of movements that the individuals can interpret. For example, you can say "Big, small, fast, slow, sharp, smooth, etc...." This is also a good opportunity for the individuals to foster creativity through improvisation and work on cognitive flexibility.

