

# Candoco Adult Class

## Creative Resource 1

These resources have been developed by Candoco for you to find new ways to enjoy dancing and being creative in your own home.

Please be aware of your surroundings and make sure that your space is clear and safe to dance in. You know your body best, so please don't do anything that causes you pain and don't take any risks.

**Happy creating!**

### WARM UP

Put on your favourite song and bring yourself into a position where you'll be able to freely move your spine.

When you're ready, take a moment to connect to your back and visualise what your spine looks like at this moment.

With this image in mind, play with the idea of opening and closing your spine.

It may be easier to start off with smaller movements, perhaps focusing on the very top or very bottom of your spine, gradually using more and more of your spine.

**As your movement expands, you may notice other parts of your body joining in with your spine's dance. Allow this to happen, noticing how the way the spine is moving might have influenced the movement elsewhere in the body.**

Try seeing if the spine can lead you to exploring different areas of your space.

**Can it help you explore the sides of your space?**

**The lower space?**

**The higher space?**

With the connection you've formed with your spine, use the remainder of the song as an opportunity to see how many times your spine can surprise you.

## CREATIVE ACTIVITY

- 1 In your space, go to a place where you feel comfortable and go into your favourite position. This will be the start of your routine.
- 2 Travel to a new part of the room and change levels
- 3 Pick any body part and reach it towards your nearest window
- 4 Find a way to 'dive', safely, towards your kitchen (if you're kitchen, pick another room to dive towards)

- 5 Pick an object in your house and a body part and find a way to bring the two of them as close together as possible. You can be as creative as possible with what you pick but below are some suggestions to get you started:

**Body Part**  
Chin  
Hip  
Kidneys  
Foot  
Teeth

**Object**  
Table  
Television  
Spoons  
Keys  
Kettle

- 6 Find a way to hide your body – this could be your whole body or you could try to cover up just one part of it.

Feel free to get as creative with this as you want! Try rearranging the order of tasks.

**How does your routine change if you try it in different rooms of your house?**

**How about trying it with different songs?**

**How many different approaches can you find to make this routine your own?**

Once you've found your favourite version of your routine, you might enjoy sharing it with someone. Feel free to perform it for a member of your household, video call a friend and share it with them or even film it for yourself to look back on.