

Candoco Adult Class

Creative Resource 2

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

Our warm up today is based on the idea of shaking. Starting off gently, pick one body part, perhaps a hand or a foot. Let it go floppy and begin to explore what it's like to shake this body part. When you want to, you can change the body part.

What's it like to shake your leg?

Arm?

Hips?

Shoulder?

Belly button?

Nose?

Try shaking multiple body parts at the same time or seeing if shaking one part can inspire other parts of your body to shake.

CREATIVE ACTIVITY

Take some time to picture an imaginary obstacle course in your space. It can be as simple or complicated as you wish. For the length of one song, explore the idea of going over, under and around these objects. This could be your whole body or individual body parts. After your song has finished, pick 3 movements you enjoyed or liked and join them together to make a phrase.

For the length of the next song, explore the idea of drawing lines, circles and semicircles in your space. Try imagining you have a paint brush attached to different parts of your body and start creating your masterpiece. If your space has carpet, you might be leaving patterns in it which you can look at after the song has finished.

Again, find your 3 favourite moments and join them together to make your second phrase.

Join your first and second phrases together to create your routine.

COOL DOWN

Try moving one body part through the air back and forth. As you do this, focus on the feeling of the air moving against your skin. Take a few moments to enjoy this feeling, and see how it feels if you try to recreate it on different parts of your body.

When you feel ready, think about how your movement is causing the air in your space to move. Imagine you're like a fan, directing the air around you to wherever you want it to go. Try visualising the air particles, and play with how your movement changes their pathways.

Notice how moving one part of your body causes other parts to join in.

When moving the air with your arms, does your spine join in and how?

How much of your body can you move at the same time?

How softly and slowly can you move whilst still feeling the air moving against your skin?