

Candoco Adult Class

Creative Resource 3

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 - STRING

Imagine you have a string attached to a point on your body. It's a magic string that stays wherever you put it. Moving around your space, take that string on a journey around the room, making something that looks like a spiderweb. When you're satisfied with your web, change the point on your body the string is attached to, and reverse your path, unwinding your web.

CREATIVE ACTIVITY - MY PLACE

Think of a place that you enjoy being in, and try to picture it as vividly as possible. Pick 4 items in your place that make you happy. Think about your first item and find a way to describe it with your body movement. For example, if you thought of a cushion, you could move your hands softly in a stroking motion to represent how fluffy it is, or you could move them in a rectangular shape to represent its shape. Create a different movement for each of your 4 items.

Now you have 4 movements, decide on a word that describes the quality of each movement. Some words you might use could be "gentle", "angular", "twisty" etc. Use this word to either inspire another action that can be done with a different part of your body or your whole body.

After doing this, you should have 8 different movements: 4 describing your items and 4 inspired by the quality of movement. Perform those 8 movements in any order that you like, adding linking movements where necessary, to create your routine.

COOL DOWN - ELASTIC BAND

Imagine there is an elastic band connecting two of your body parts. When they are close together the elastic band is loose, and when they are further apart the band stretches tight. As you move your body parts closer together and further apart, try to imagine how much the band is stretching and the tension that stretching creates.

Try repeating this with different parts of your body.

**How far can you move these body parts away from each other?
How does the feeling of tension and relaxation feel in different parts of your body?**