

Candoco Adult Class

Creative Resource 4

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 - SHAKING

Play a song you like and for the length of this song you're going to wake up your body by shaking it. Try seeing how much of your body you can shake at the same time. If you notice a part of your body that isn't involved in the shake, try to invite it to join in.

Are there two parts of your body that are really difficult to try and shake together? When you shake one part, is there another part that automatically joins in? What body parts do you most enjoy shaking?

CREATIVE ACTIVITY – MARK MAKING

We are going to start by doing some 'mark making', so find something to draw on and something to draw with. You could choose pens, pencils, crayons, paint, or anything else that you have available (without making a mess!). Set yourself a timer for 4 minutes and begin your 'mark making'. Try holding your drawing tool in a different way, or even with a different body part.

Look at the picture you have created and find 3 parts of your 'mark making' that you find most interesting. For example, you might be interested in how two marks cross, or a particularly interesting shape you've created. Create a movement inspired by each of these 3 interesting marks, and join them together to make a phrase.

COOL DOWN – INHALE & EXHALE

Put on a song that makes you feel calm and find a comfortable position where you can easily feel your breath (you might find it useful to place a hand on your stomach or ribs). Take a moment to focus on the rhythm of your breathing. When you feel ready, allow your body to move, expanding on the in-breath and contracting on the out-breath – following how your lungs move as you breathe.

How does the breath affect your movement? Can you find a moment of pause between the expansion and contraction? How expansive can you be?