

Candoco Adult Class

Creative Resource 6

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 - SUBSTANCES

Pick three substances that you can imagine moving through, for example: water, sand, paint, toothpaste, chewing gum, clouds or feathers. You might find it helpful to pick air as your first substance as you won't have to imagine it.

Start to move, and picture yourself moving through your first substance as vividly as possible. Notice the way your body responds to it. **Is it easy or difficult to move in this substance? What is the temperature of your substance? How does the texture of it feel against your skin? Do you enjoy being in this substance?**

When you feel like you've fully explored this substance, move onto your second and third substances.

CREATIVE ACTIVITY – IMPULSES

Put on a song you enjoy and find a comfortable position that you find relaxing. Listen to the song and notice the things your body does whilst you're listening. You might find your foot tapping, or your head bobbing, or you might even be swaying along. You may have even found yourself dancing along. These are your 'impulses'.

Now that you've practiced listening to your impulses, listen to another song. This time, notice where the impulses are in your body. **How do they make you want to move? Do your impulses have a specific rhythm?**

Try noticing how your body wants to move to the different types of music you enjoy. **Why not create a short dance inspired by the way this music makes you want to move today?**

COOL DOWN – THANKS BODY!

Place your hands on a part of your body and focus on breathing deeply into this body part. You might find it easier to begin with focusing on your torso area (e.g. your stomach, chest and ribs). As you breathe into each area, thank your body for the work it's done today.

Did it do something that surprised you? Did you enjoy moving with it today?

Take the time to be with your body and thank it for its work.