**Welcome to WEEK 5 of the Candoco Youth Dance Creative Resources.**

**For this week’s task, Susanna Dye takes inspiration from the warm up explorations in our Candoco Youth Dance online classes that have taken place this Autumn. We start by imagining that every part of our body is covered in paint - whatever colour paint you like. We rub, spread and brush our imaginary paint onto every surface of our body - the front, back of the body and down the sides. Following all the different outlines; paying attention to the smallest details and the in-between spaces.**

**Once we are covered in our imaginary paint, we can then use our body to begin creating imprints on some of the surfaces around us.**

**It is important to ensure that we make imprints on surfaces that are safe. This means that they need to be stable and not made of a material that will break or hurt you if you were to lean into it.**

**You might want to ask someone to help you pick some safe surfaces that you will be able to work with.**

* **The first thing you need to do is to decide on the part of your body that you want to make the imprint with.**
* **Now choose a safe surface that you are going to make the paint imprint on.**
* **Place your body part onto the surface and take a moment to notice what it feels like - is it hard, soft, rough, smooth, bumpy or flat? Does it sink when you lean into it? Does it make a sound? Is it a warm surface or does it feel cold to touch?**
* **Take a deep breath in and as you breathe out you are going to press that body part (and the paint) into the surface, deepening the imprint, so as you leave even more of your imaginary paint on there.**
* **Slowly peel the body part away from the surface and make sure that you are on balance and in control of your own weight before you repeat this process with a different part of the body pressing into a new surface.**

**Susanna shows us 5 different examples:**

1. **Making the imprint with her HAND and pressing into the SEAT OF THE SOFA.**
2. **Making the imprint with her CHEEK and pressing down into the TABLE.**
3. **Making the imprint with one ELBOW and pressing into a CUSHION.**
4. **Making the imprint with the SOLE OF HER FOOT into the ARMREST OF THE SOFA.**
5. **Making the imprint with the SIDE OF HER SHOULDER into the WALL.**

**Maybe you want to explore other ways of making imprints and pressing into surfaces?**

**Can you try this task in another room, perhaps? Can you imagine all the different paint imprints that you leave behind? What colours are they?**

**Maybe you want to try it out with someone else too?**

**Transcript of Video:**

***[DESCRIPTION: Susanna is in her Candoco Dance Company t-shirt and dark tracksuit bottoms with a lighter stripe running down the side of the leg. She is kneeling on her living room floor with a light coloured sofa behind her with two red cushions on either end of it. To her right is a low wooden table with a television screen sitting on top of it as well as a cylinder-shaped drum.]***

Hello Candoco Youth dancers!

As you can see, I have brought you down into my living room for this task and we are going to be exploring something that we do a bit of in our warm ups with Chris, which is about imagining our bodies are covered in paint.

So, let’s start off by doing that - we are going to imagine that there’s a big puddle of paint on the floor. You can choose your favourite colour. I’m going to imagine that this is a big yellow puddle of paint today…

***[DESCRIPTION: Susanna dips her hands into the imaginary paint and starts spreading, brushing, wiping and rubbing it along and across the different surfaces of her body - aiming to cover every inch of her skin.]***

And then we are going to start to spread that paint over our bodies - so, maybe starting with the hands...and spreading that paint in-between your fingers…

And then all the way up your arms; remembering both sides, underneath and over-the-tops. Don’t forget your armpits and across your chest; your shoulders and your neck...

Your face; your cheeks, your chin, your nose, your forehead, your ears.

Let’s pick up a little bit more paint and spread it all the way around our heads…

And then across the torso, the tummy, the sides, the back…

And then a big big dollop of paint to go all the way down the legs. Don’t forget the knees. All the way down to the feet...underneath the feet.

And the other leg…

So the whole body should be covered in paint and what we are going to do with this paint is we are going to make imprints - like handprints - in our space. So we want to choose surfaces that we can press into *safely.*

***[DESCRIPTION: She begins pressing into surfaces around her to test them out - the carpeted floor, the soft seat of the sofa…]***

So testing a few surfaces in my space…

***[DESCRIPTION: As Susanna presses into the drum it moves away from her]*** Hmmm, now, this drum is NOT going to be a good surface, because it’s not very stable. So I’m going to move that, but this table IS going to be a good surface ***[DESCRIPTION: She presses down into the table and is able to push herself up to standing]***, because I can really press into that and give it some of my weight.

***[DESCRIPTION: The TV screen twists away from her as Susanna presses her hand into it]*** Hmmm, this TV screen is NOT going to be a good choice, because it moves when I press into it. Whereas, this wall IS going to be a good choice ***[DESCRIPTION: Susanna presses against the wall with her hand - her body is off-centre, leaning towards the wall showing that she is able to give more of her weight]***, because that can take me pressing into it.

So bearing that in mind, let’s choose our first body part. I’m going to start off with my painty hand and we are going to choose a surface and just place that body part onto the surface - and just take a moment just to feel what that surface feels like.

***[DESCRIPTION: Susanna places her hand onto the seat of the sofa]***

Is it hard? Is it soft?

Is it smooth or is it fluffy?

Maybe it’s cold to touch?

And then, we are going to take a breath in and on the outbreath we are going to press the paint into that surface.

***[DESCRIPTION: As Susanna presses down her weight shifts and she uses this pressing action to see how the position of her body can change]***

Pressing in...and then peeling away.

***[DESCRIPTION: Gently leaving the point of contact]***

So, let’s find a new body part and a new surface.

This time I am going to use my cheek. So placing that body part onto the surface.

***[DESCRIPTION: She rests her cheek on the wooden table top]***

Taking a moment to notice how it feels.

Is it hard? Is it soft?

Maybe you can notice how it smells?

And then we are going to take a breath in and as we breathe out we are just going to press the paint into that surface...and then peel away. ***[DESCRIPTION: Susanna slowly lifts her cheek away from the table and comes back to a position where she is in control of her own weight]***

Let’s choose another body part, another surface.

So I am going to choose my elbow this time into this cushion. Place the body part onto that surface.

***[DESCRIPTION: Susanna sits on the sofa and puts her elbow on one of the red cushions]***

Taking a moment to notice how it feels - so this is a very smooth silky cushion - and then we are going to breathe in and as we breathe out we are going to press the paint into that surface. Noticing whether the surface pushes back or whether you sink into it. ***[DESCRIPTION: As she presses her elbow into the cushion it sinks further into this soft surface and Susanna allows the rest of her body to follow]*** And then peeling away. ***[DESCRIPTION: Susanna slowly peels her elbow away from and out of the cushion and comes back to a neutral sitting position]***

Another body part, another surface. ***[DESCRIPTION: Susanna lifts her leg and places the sole of her foot against the inside of the armrest of the sofa - the leg is bent but not enough to create a right angle]*** And maybe it’s a different colour paint this time?

And we are going to take a deep breath in ***[DESCRIPTION: Susanna places a hand on her belly and you can see the hand rise and the body fill with breath as she breathes in]*** and on the outbreath, pressing the paint into that surface. ***[DESCRIPTION: As the foot is pressed into the armrest Susanna lengthens in her spine and her leg straightens so that it is flat against the seat of the sofa]***...and then peeling away. ***[DESCRIPTION: Susanna places her foot back down on the floor]***

And let’s do one more together. So, I’m going to use my shoulder this time ***[DESCRIPTION: Susanna comes down to the floor again and places her shoulder against the white wall]*** - and we are going to place our body part onto that surface. Noticing how they feel.

Are they hard or soft?

This wall I’m feeling is quite cold.

Then we are going to take a deep breath in and as we breathe out we’re just going to press the paint into the surface. ***[DESCRIPTION: As she presses Susanna’s body drops further towards the wall]*** And then peel away from it. ***[DESCRIPTION: Susanna slowly comes away from the wall]***

So, we’ve explored, I think, 5 different imprints together, but you could keep exploring this all around your house. Maybe choosing a different room and finding 5 more imprints in that space?

Or maybe you want to revisit the 5 that we’ve just done and use a different colour paint this time?

So I’ll let you keep exploring and having fun with this one and, as always, let us know how you get on.

**Disclaimer for additional creative resources:**

These resources have been developed by Candoco Artist, Susanna Dye, for you to find new ways to enjoy dancing and being creative in your own home. But please take care!

Be aware of your surroundings; don't take any unnecessary risks and be responsible for your own body. Be sure not to do anything that causes pain.

Remember, you know your body best!

Happy creating!

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**Feedback Form to accompany the resource when it is published online each week:**

We would love to hear how you found this creative task - if you would like to feed back to us to share what you created, you can email kimberley@candoco.co.uk or access a feedback form here: <https://forms.gle/Z36EDxRZC1Ggkf898>