**Welcome to WEEK 6, the final week of the Candoco Youth Dance Creative Resources. This week Susanna Dye has created an audio task where you will become sensory explorers in your own home.**

**In this task you will have the chance to find and investigate three separate spaces in your living space - a *soft* space, a *light* space and a *corner* space. You can take as much time as you want to explore these spaces and how you want to be and move in them.**

**You can think about your different senses in these spaces - what can you hear, see or feel?**

**What are you touching or in contact with in these spaces when you’re still? And what about when you’re moving?**

**Does this space have a particular smell or do you associate it with a specific taste?**

**This is a new way of thinking about our everyday living space. What new things will you discover and how will these spaces make you want to move?**

**Transcript of Video:**

This creative resource guides you on a sensory exploration around your living space.

We are going to choose 3 different places in your home to explore.

At any point, you can pause the recording to give yourself enough time to follow my suggestions. Then, when you are ready for the next instruction, press play.

**SOFT:**

First, find a soft space.

Go to somewhere that is soft. It might be a bed, a sofa, or somewhere with lots of cushions.

When you arrive at your soft space, choose how you would like to be in that space.

Make yourself comfortable.

You might choose to sit or lie down?

Maybe you even want to be underneath something? A duvet, a blanket or a cushion…

If not, you might choose to be on or next to your soft surface.

Now that you are settled, notice what you can see?

Explore the edges of your soft space. How does it feel? Where does it end? And what comes after?

Is it warm or cold here?

What is the smell of this soft place?

What sounds can you hear?

Try exploring what sounds you can make by shifting your body around.

Find a movement that you enjoy doing in this soft space.

It could be as small as wriggling your toes or it could be something more energetic like bouncing or rolling across the soft surface.

When you have found the movement that you enjoy doing in this soft space, choose a word to describe this movement.

If you need some more time to find this movement, press pause. Then press play when you are ready to move on to the next space.

**LIGHT:**

Now find a light space.

Go to somewhere that is light. It might be next to a window or near a lamp.

Explore how you like to be in this light space.

You can choose to be sitting, standing or lying down.

Explore which direction you like to face. If you are close to a bright light source, you may prefer to face away from it.

What can you see from your position?

What colours can you see? What shapes can you see?

Explore a movement that you like to do in this light space.

It might be as small as a movement that you do with your eyes, or it might be a movement that happens in your whole body.

When you have found a movement that you like to do in this light space, choose a word to describe this movement.

If you need some more time to find this movement, press pause. Then press play when you are ready to move on to the next space.

**CORNER:**

Now find a corner space.

Go to a corner. It might be the corner of a room or it might be an enclosed space between some furniture.

Explore how you like to be in this corner space.

You may be sitting down, lying or standing.

Choose which direction you would like to face. You could try facing into the corner, or be in the corner facing out into the room.

How many different surfaces can you make contact with in this corner? Are there different surfaces on each side of your body, and perhaps also above or the floor below?

Explore touching these surfaces to feel their texture...or maybe leaning into different surfaces.

What body parts are in contact with these surfaces?

If you like, you can choose different body parts to connect with these surfaces.

Explore a movement that you like to do in this corner space.

If you need some more time to find this movement, press pause. Then press play when you’re ready to move on.

Now we have explored 3 different spaces in your home, you may want to continue exploring different movements in different spaces.

Some other spaces you could explore in this way include:

* An outside space
* An underneath space
* A tall space

If you like making things, maybe you could make a map of your house and you can put these different spaces on the map along with the movements or the words for the movements that you found in them.

However you choose to do it, I hope that you have fun being a sensory space explorer and we would love to hear 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](mailto:kimberley@candoco.co.uk) or access a feedback form here: <https://forms.gle/Z36EDxRZC1Ggkf898>