

Candoco Youth Dance

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!

The Box Game (Video Transcript)

You can find the video here: <https://youtu.be/ts5WU96lnac>

Disclaimer - In order to watch this creative resource video you will be taken to an external website, YouTube. Candoco is not responsible for the content of any external links.

Hi dancers!

Today I wanted to share with you one of the methods I like to use when I want to create something but I'm not quite sure where to start. I call it the box game but I'm looking for suggestions for a new name because I'm not quite in love with the box game so if you have any ideas, please let me know.

Anyway, the rules of the box game, or in order to start the box game rather, we are going to need to make a list of body parts. So, it can be anywhere on your body and it can be as specific or general as you like. So it could be the nail of my pinky finger on my right hand (uses left hand to point to the nail of the right hand pinky fingernail). I might choose my left eye (points to left eye). For a more general one, I might want to choose my stomach (places both hands on stomach for a moment). I can also pick items of clothing that I'm wearing. I'm wearing this cool cardigan that's really floaty (picks up ends of cardigan and wafts it about) and I think I'm going to pick that for my third one. Or fourth one? How many have I picked? 4. That's another point. You can find a way of noting them so I'm going to write them down in a second and I'll come back to you when I have my list.

(Screen changes to show a page of a notebook. On the page, the words “The Box Game: Pinky fingernail, left eye, stomach, cardigan, scrunchie, sock” have been handwritten onto it)

If you have a method that you prefer to writing things down you can definitely use that but writing things down is my favourite method so I've chosen to do that. I've written down the 4 I mentioned earlier and I've also added in scrunchie and sock. So for now I have 6 but you can do more than that or you can do fewer than that. You don't necessarily have to use all of the ones you write down. It's just kind of a bank that you can keep track of anything you might think of.

(Screen changes back to Charlotte in her room, this time showing her whole upper body)

So this part is kind of where the box game gets its name because we're going to imagine that we have a forcefield around us that's shaped like a cube. Your forcefield can be as big or as small as you'd like it to be. So it could take up all of your room (stretches arms out horizontally as far as they can go) or it could take up a really small section that's kind of just around your body (uses hands to trace out a rectangular shape around the upper body). It can touch the floor (points towards the floor) or it can be floating (lifts hands upwards). It can touch the ceiling (points up to the ceiling) or it can be a little bit shorter than that (places hand flat just above the head)

So cubes or cuboids have 6 faces. They have one this side (hand pointing in front), one this side (hand points to the left) one behind them (hand points to the back) one to the other side (hand points to the right) and one in front (points to the front). Did I already say that? Might have. One below (points down) and one above (points up). And we're going to number these 1 to 6. So the one in front is going to be number 1. You can pick a side to go to and that's going to be number 2. Behind us is going to be number 3. To this side (points to the opposite side of number 2) is going to be number 4. Below us is going to be number 5 and above us is going to be number 6.

(Screen changes back to same framing as the start of the video)

So this part is my favourite part of the box game because we're going to be picking the numbers of our faces and I like to do mine randomly. I was hoping to find a dice if I'm honest but I don't actually have any dice in my house which is really *sighs* something. I'm not sure what. But now I'm really considering getting one of those big foam dice so if you have one of those, I'm very jealous and you can use that to help you because they'll have the numbers 1 to 6 on them. But because I don't have that and you might not have that either, I'm going to Google a random number generator which will give us a random number. But you can also just pick any number that you like if you want to.

(Screen changes to show a random number generator on Google. The current range is set to 1 to 10 and the current number selected is a 5)

So here I have my random number generator and at the moment it says that... I can't find my cursor. Where's my cursor? There we are! It says that the numbers are going from 1 to 10 but I want to change that to 6 (changes maximum number from 10 to 6) because we have 6 faces on our cube and I'm going to generate my first number. I'm very excited to find out what it is! (Presses the "Generate" button and the 5 on the screen changes to a 6) It's a 6!

(Screen changes back to Charlotte at the same angle where her upper body is visible on camera)

So my number was a 6 and 6 means our top surface of our forcefield and so I'm going to look at my list and see that my first body part was my pinky finger -or pinky fingernail to be very specific- and I'm going to find a bunch of different ways that I can try and connect my pinky finger to my top surface of my forcefield. So I could go straight up and just connect it. Or I can think of lots of different pathways so I might want to curl it and touch. I have the whole top surface so I could go straight above me or I could go to one of the corners or I could reach across me and go to the other corner. So I'm going to spend a little bit of time thinking about all the different possibilities that I can think of to connect my pinky finger to this top surface and then I'm going to pick my one favourite one to put into my routine.

(Screen changes to random number generator again)

And we're going to keep repeating that until we have a routine that's a length we're happy with and that's going to depend on how long you like your routines. It's completely up to you. So I'm going to find out what plane (meant to say face) I'm putting my second move on. And we have number 3 that's behind me.

(Screen changes back to Charlotte with upper body visible)

Okay so this is my final routine so I had 6 that I was reaching with my pinky finger (uses a curling pathway to move the pinky finger above and across the body). 3 which I was doing with my left eye (moves the head in a curved, downwards pathway to face away from the camera). 2 which I was doing with my stomach (turns the long way around to face 2, crouches, and then extended, curving back slightly). Then I had 3 with my cardigan (swooshes the bottom of the cardigan and then leans back, moving the hand holding the cardigan further backwards). Then I have 5 with my scrunchie (dives down leading with the top of the head, and rises back up, again leading with the head). Then I had 6 with my sock (takes sock off of foot, waves it in a circle around the head and then flicks it upwards).

And I would love it if you wanted to share your routines with me. You don't have to but if you want to. And I'm sure Kimberley would love to see them too.

Happy creating!