

Candoco Youth Dance

Creative Resource 5

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!

Becoming a Wizard

Hi dancers!

Today, we're going to become wizards and we are going to create some spells. The spells we are going to create will be used to change things about items in our spaces.

The first thing we need to do is decide what our spell will do. For example, you might want to create a spell that changes an object's colour, changes its size, or even what it's made out of. You can choose to keep it general. For example, your spell could be able to change the colour of an object, but you can decide in the moment what colour the object will become. Or you could make it really specific, and create a spell that turns an object into jelly, or makes it shrink to the size of a mouse. Your spell can do whatever you want it to do.

Now that we know what our spell does, we need to decide how we are going to cast it. Our spells are going to be cast by moving a specific part of your body. Decide where you want to cast your spell from. If you need some inspiration, you can look back at Resource 3, where we played the box game.

Now that we have our spell and we know which part of our body we are casting it from, we can think about how we cast it. Our spells will be cast through movement, so we need to associate a type of movement with this spell. You can choose to do a specific movement such as drawing a circle

with your body part, or lifting or dropping it. Or you could choose a specific movement quality, for example moving as if you were shooting a ray of sunshine out of that body part, or if that body part were made out of clouds. You might also decide that you want your movement to relate to the spell you're casting. For example, if your spell changes the size of an object, does your body part move closer to another body part to make it smaller, and further away to make the object larger? You can take a moment to play around with different ideas and decide on your favourite.

You might also want to think about how your spell knows which object it's effecting. Do you need to be really close to the object? Do you need to be looking at the object? Do you just need to be thinking about the object?

To summarise the process:

- Decide what your spell does
- Pick a body part to cast your spell with
- Decide how that body part moves in order to cast the spell

You can repeat this to create as many spells you would like. Once you're happy with the amount of spells you've created, you can try to use them together in an improvisation or a choreographed routine. How much can you change your space with your spells?