

Candoco Youth Dance

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!

Celebrating You (Audio Transcript)

Hi dancers!

Today I wanted us to celebrate you and all of your wonderful creativity. So, over the last 5 tasks, you might have had some moves that you really enjoyed doing, or you thought were fantastic that you created. And I want us to make a routine that celebrates all of those.

So, we've done:

- In the first week we explored all of the sounds and textures in our rooms
- In the second week we found out what it was like to move like an animal
- In the third week we played the box game
- In the fourth week we created a routine that had as many circles in it as we could
- In the fifth week we cast spells all over our room

So this week we're going to make a highlight reel of all of those brilliant moments, making them into one routine. And if you don't remember any of the moves that you created, that's absolutely okay because you can create new ones- moves that you feel like celebrate you, your movement style, and all of your creativity!

Happy creating!