

LUDUS DANCE

STATE OF FLUX

CREATIVITY PACK

About Ludus Dance

Moving to make art that matters, our mission is to inspire, engage and empower people through dance.

Ludus Dance uses dance as a tool of expression and trust, building on strengths and recognising potential, to change and enhance people's lives. Working across a wide range of social, educational and mental health and wellbeing settings, and especially with children and young people who have limited access to high quality experiences, we create vital opportunities through work that is bespoke, collaborative and inclusive.

As an Arts Council England (ACE) National Portfolio Organisation (NPO), we are entrusted with reaching as many people across Lancashire as possible in our key social groups and developing new audiences through fresh, ambitious, high quality work.

About State of Flux 2.0

Funded by BBC Children in Need, State of Flux 2.0 is a project using art, through dance, film and music, to support skills development, reduce social isolation and develop greater self-worth and personal aspiration in young people who are experiencing difficulties with their mental health.

As their journey continues the aim of State of Flux, is to build on this self-worth and aspiration, allowing the young people to find their fit in society and enhance their sense of value and meaning.

Dance

Creating a Puppet Dance

This week's task is going to be a combination of movement and crafts which will allow us to create our own puppet dance solo/duet. This task is best completed with a partner but can also be done on your own.

You will need:

- Materials to make your puppet e.g. Paper, pen and scissors; pipe cleaners, foil or anything suitable you have nearby
- A space to move in with no obstructions
- Access to music (optional)

STEP 1 - CREATING THE PUPPET

There is no set way of creating your puppet, however it is important that your puppet is able to move and isn't completely stiff!

Option 1 – Cut the shape of a person out of a piece of paper. Make sure that the legs and arms of your puppet are long so that when it comes to moving your puppet, so they are able to move freely. If you twist the paper at the joints (elbows, knees and shoulders) your puppet will have a much bigger range of movement.

Option 2 – Create a stick person using pipe cleaners

Option 3 – Create your puppet using crumpled up foil.



STEP 2 – EXPERIMENTING WITH YOUR PUPPET

In partners:

Person A is in control of the puppet and Person B is going to move.

Person A and Person B stand facing each other.

Person A will very slowly move the puppet and Person B has to try to copy the movement.

Eventually Person A will start to play with different speeds, different levels and different body parts and Person B has to try their best to follow.

Person A and Person B must now switch roles.

As a solo:

First experiment with the different ways in which you can move your puppet.

After some experimentation, place your puppet in 10 different shapes and try to copy the shapes with your own body.

STEP 3 – FORMING A SOLO/DUET

In partners:

Individually, choose 4 of your favourite movements from the experimentation phase of the task.

Then share with each other your 4 favourite movements.

Now you must link together your favourite movements, so you have a sequence of 8 movements.

Now add in: 1 jump, 1 pause and 1 clap.

(Optional step) To finish your duet, you can try performing it with some music!

As a solo:

Choose 6 of your favourite shapes from your experimentation phase with the puppet.

You must now try and make your 6 shapes move. You can do this by travelling the movement, making it grow or shrink or even making it turn! (Remember: there is no right or wrong).

Now you must link together your 6 movements to create your solo.

Now add in: 1 jump, 1 pause and 1 clap.

(Optional step) To finish your solo, you can try performing it with some music!

Music

Make your own musical instruments.

The music exercise for this week is to make your own musical instrument.

There are a choice of several, all of which are perfect for jamming along with your favourite tunes or making your own music!

1. RAINSTICK

Rainsticks make a relaxing soft swishing sound that - as the name suggests - resembles rain hitting the ground. The sound can be very relaxing. So, whether you want to have a gentle instrument to accompany other music or conjure up your own rain sounds, this is for you!

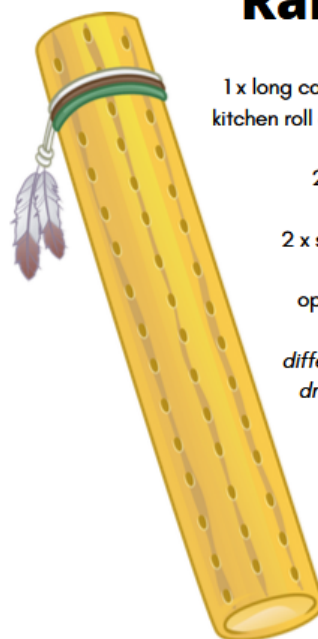
To make the rainstick you will need a long cardboard tube. You can use the inside tube from a kitchen roll or perhaps save a longer roll next time you use the last of some wrapping paper or tin foil. If you don't have either of these, you can roll up a piece of card, and tape down the whole length of it where the edges meet.

Cut out a circle from a sheet of paper and cover one end of the tube with this. Then close it over the end of the tube and use an elastic band to secure it in place. This will need to be quite tight to ensure that nothing escapes from inside the tube.

Then use either rice, pasta, lentils or anything else that makes a sound when inside the tube. You can experiment with a few different options, then place another circle of paper over the other end and seal with an elastic band.

To make a sound, slowly tip the rainstick up so that the material inside moves slowly from one end down to the other. The sound will usually be louder and last less time if you move it quickly.

Once you are happy with the sound, decorate your new rainstick. You can use paint, tissue paper, shells, dried pasta and feathers to give it a unique look and it will still sound great!



Rainstick

1 x long cardboard tube e.g. kitchen roll or wrapping paper

2 x sheets of paper

2 x small elastic bands

options to put inside:
a handful of rice
different pasta shapes
dried lentils or beans
pebbles or sand

to decorate:
paint
feathers
tissue paper

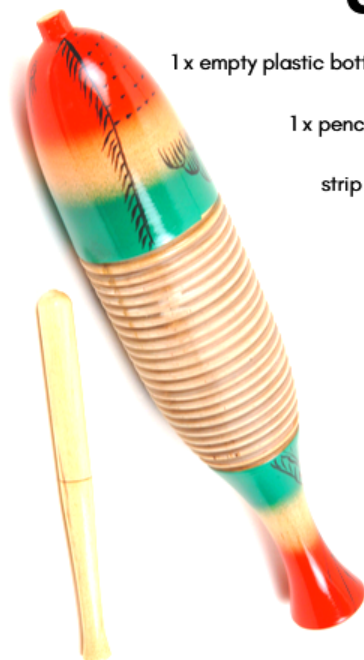
2. GUIRO

A guiro – sometimes known as a “fish” because of its shape – is an unusual percussion instrument because it is scraped rather than hit. This version has the option of adding another element – sandpaper – so that you can make different types of sounds when scraping it.

You will need a small or medium empty plastic bottle with ridges, such as those used for squash. You can decorate this in all sorts of ways, but if you're painting it, check that the paint you are using can be applied to plastic. You could even use glittery spray paint if you have access to that.

Making this is really easy. Once you've decorated the bottle, screw on the cap and use either a chopstick or pencil to scrape in between the ridges to make that distinctive clicking sound. The larger the bottle, the lower the sound will be and vice versa.

Try gluing a strip of sandpaper or other materials to the side. Perhaps you might find some other unusual sounds, turning your guiro into something even more versatile!



Guiro

1 x empty plastic bottle with ridges

1 x pencil or chopstick

strip of sandpaper

glue

to decorate:
paint

3: MARACAS

Maracas are a percussion instrument that originate from South America. They come in a variety of sizes and are often played as part of a pair.

With a distinctive shaky sound, maracas can be heard in lots of different types of music. They consist of a handle and a rattle which is shaken to make the sound.

To make a pair of your own maracas, you will need two empty plastic bottles (with the lids) and something to add inside to make the sound. There are a few options for this – for example, sand will make more of a swishing sound, rice will sound a bit lower or pebbles will sound much more “crunchy”. You might even want to choose different materials for each so that you can blend the different sounds.

Seal the bottles using the lids and decorate with paint, tissue paper or any other materials you want to enhance your new shaky instruments.

Maracas

2 x small empty plastic bottles with lids

options to put inside:
a handful of rice
pebbles or sand

to decorate:
paint



Film

Create a Viewfinder

This week's filmmaking exercise is creating a viewfinder for you to play with in framing a variety of shots around you. You can then use the viewfinder for planning a film shoot of someone performing a basic task.

You will need:

- Cardboard
- Pencil
- Ruler
- Scissors
- Paperclips x2
- Music playing device
- Camera (optional)

1) MAKE YOUR VIEWFINDER

1.1 - From an A4 piece of card, draw out two large 'L' shapes on your card.

1.2 - Using scissors, cut out your 'L' shapes.

1.3 - Attach the two 'L' shapes together using a paperclip on each side to create a rectangle in landscape orientation, so that it looks like a widescreen image.



2) PLAY WITH YOUR VIEWFINDER

2.1 - Now that you've created your viewfinder, pick it up and use it to have a look around wherever you are or a place that sparks your interest - that could be indoors or outdoors! Explore that space with your viewfinder.

Imagine the viewfinder as the frame of a camera or a screen. Have a play with how to frame different objects within your viewfinder.

2.2 - Experiment with your proximity to objects

Play with framing subjects that are both far away and close-up. Look for surfaces, textures or interesting patterns to fill the frame.

2.3 - Alter the size and or shape of your viewfinder by adjusting the L shapes and paper clips. You could create a square, or a shape in portrait (as you might see on your phone). In filmmaking, the height and width of the frame is referred to as the 'aspect ratio'. Filmmakers often use different aspect ratios to produce different effects in cinema.

Play with a few different shapes of the frame and repeat the steps above, experimenting with your proximity to subjects.

2.4 - Add movement within your frame

You can tilt your viewfinder up or down, pan it left or right, track a subject by following them from in front or behind. Experiment with these options.

2.5 - Listen to some music (optional)

You may like to listen to some music from your favourite film as you play with your viewfinder. See how this affects what and how you position subjects within your frame.

3) 'FILM' SOMEONE PERFORMING A BASIC TASK WITH YOUR VIEWFINDER

3.1 - Partner up with someone. One of you will be the subject and one can be the 'camera operator', using your viewfinder. Think of a basic task for your partner to perform e.g. making a cup of tea, eating a sandwich, going for a walk.

3.2 - 'Film' them performing this task by framing them in your viewfinder, as if it is one continuous shot. Decide on a beginning and end for the action. For example, if they're making tea, the action could begin with filling a kettle and end with taking a sip of tea from a mug. Aim for around 1 minute of action.

3.3 - Try and include moments which use the elements of framing that we played with earlier, such as:

- TILTING (moving the viewfinder up or down)
- PANNING (rotating left or right on the spot)
- TRACKING (following the subject as they move, from in front, behind or on the side)
- Moments which frame them in CLOSE-UP or WIDE SHOT.

How many different framings can you include over the course of the action? In the tea-making example, you could begin with a wide shot of your partner walking into the room, then bring your viewfinder up close to only frame their finger switching the kettle on.

Play with different options for framing your partner's action as a continuous shot until you have a journey that you're both happy with.

4) FILM THE TASK USING A CAMERA (OPTIONAL)

If you have a camera or device to hand, you could film your partner for real, performing the task in a continuous shot, using the viewfinder exercise (step 3) as a rehearsal.

We'd love to see your creations. If you'd like to share any films of this exercise, please send to laura.worden@ludusdance.org

If you feel comfortable to do so please share you work with us.
We would love to see what you create as well as hear about how you've found the experience.

To send work to us please email:

laura.worden@ludusdance.org

Please also spare us 5 minutes to complete this survey and tell us about your experience

<https://uk.culturecounts.cc/s/354VSP>
