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 movement map solo

For this week's task we are going to create a movement map which we will then use to choreograph our own dance solo.
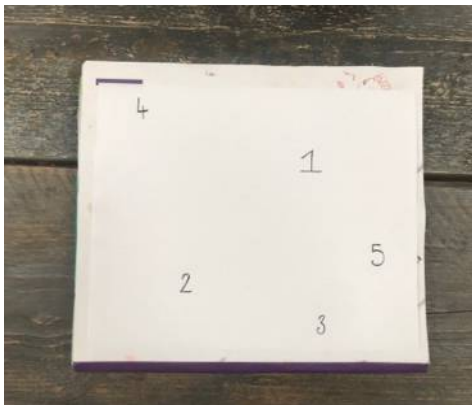
You will need:

• A pen and paper to draw your map
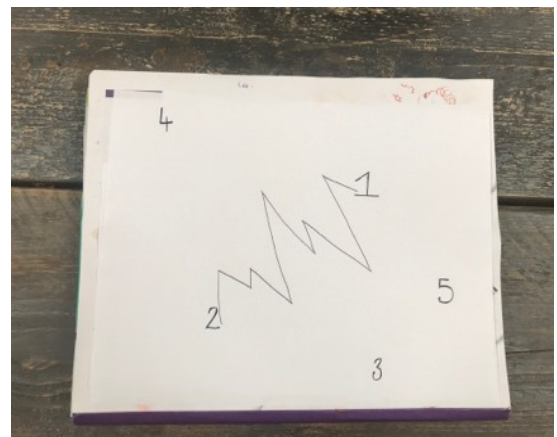• A space to move in with no obstructions
• Access to music (optional)

STEP 1 – CREATING THE MAP

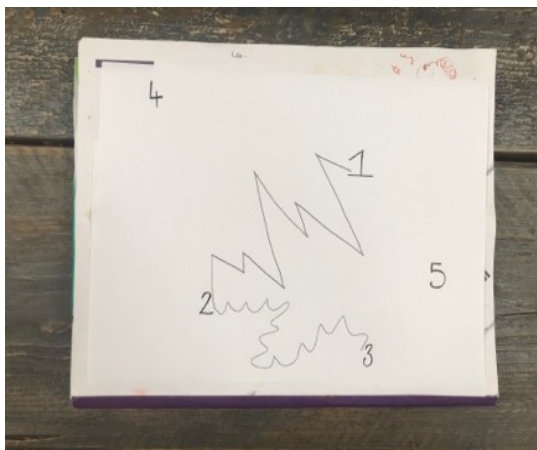Every person's map should look completely different!

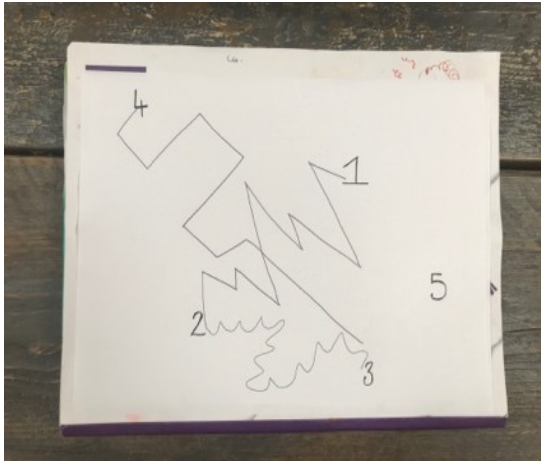1. Turn your page landscape and write numbers 1-5 randomly on your page

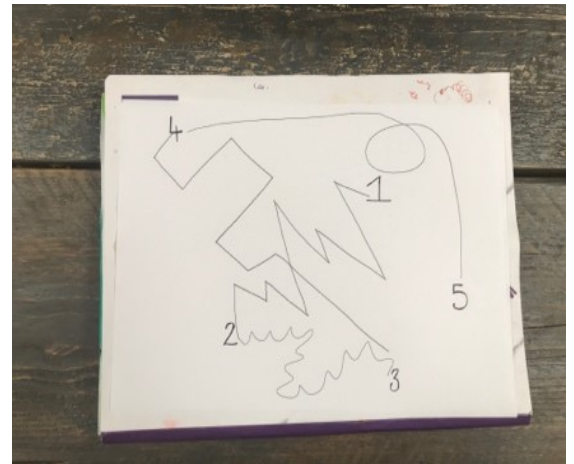2. Connect number 1 to number 2 using a zigzag line

3. Connect number 2 to number 3 using a squiggly line

4. Connect number 3 to number 4 using an angled line

5. Connect number 4 to number 5 using a loopy line

STEP 2 – CHOREOGRAPHING MOVEMENT

- Use the word zigzag to create one standing movement
- Repeat this step for words squiggly, angled and loopy (these movements can be as simple or as complicated as you like!)
- Practice your movements until they are clear in your body and mind

STEP 3 – CREATING A SOLO

We must now imagine that map we have drawn is a map of the space we have to dance in…

- Locate points 1-5 in your space
- At point 1 you will perform your zig-zag movement
- You will then travel in a zigzag to point 2
- At point 2 you will perform your squiggly movement
- You will then travel in a squiggly way to point 3
- At point 3 you will perform your angled movement
- You will then travel in an angular way to point 4
- At point 4 you will perform your loopy movement
- And finally, you will leave your dancing space in a loopy way

- Rehearse your movement until you have a clear solo in your body and mind

- Optional step: Set your solo to a song of your choice

Music

DIFFERENT APPROACHES TO SONGWRITING

This musical task will give you a few tools, options and ideas to write your very own song.

You might have written songs before or had ideas for new pieces. If so, this will give you a couple of new approaches to help with your process in the future, or help if you ever get writer's block. If you have never written a song before, this is a really accessible way to try your hand at something new. It might be something you try once or twice, or the start of your journey as a songwriter!

There are two parts to this exercise and you can do them in whichever order suits you best. Please feel free to send anything you produced – even if it's not finished – to us. We'd love to hear your work! Just email it to laura.worden@ludusdance.org and include any comments, questions or extra information if you wanted some help working on your piece.

FINDING INSPIRATION FOR LYRICS

1) To write a new song completely from scratch, you will need a subject, theme or idea. To help with this, you can use any of the images, the words, or a combination of them. Pick one or more of these to use as a jumping off point. Alternatively, use an image that you have seen or find yourself. These were sourced from Pexels.com which is a great source of free-to-use images and video.

2) Think about the kind of story you might want to tell. Perhaps you are relating this to something real or maybe the characters or events are completely imagined. You can be specific about either, or you can use this is a way to write something more abstract and open to interpretation.

3) Write a list of words relating to your image, then a second list of words that relate to the first. These don't have to be too literal and often it's interesting see what comes up. So, for example, the image of the lion might lead you to write "cat", "roar" or something like "pride" - the word for a group of lions - or "Zodiac", with Leo being represented by a lion.

4) These lists are your building blocks. Try writing a few lines and include one or two of the words from your lists. You don't have to stick with what you've written – this is just a first draft. You can experiment with variations of whether the words rhyme, whether each line is the same kind of length, what kind of language you use and lots more. Go with any approach that works for you.

5) Think about the main theme of what you have. Do any of the words or lines that you have written really jump out at you? You may find that some of them feel like they would fit in a chorus because they really stand out and sum up what the song is about.

6) When you have finished the first draft, make a few more passes at it and make changes wherever you feel they fit. This might mean swapping out some of the words on the list, but that's ok – the main purpose of the lists is to give you the start of a framework to begin writing your song.

PART 2: PAIRING WORDS WITH MUSIC

Musicians

If you are a musician – even if only a beginner on an instrument – then this is the part of the exercise that you might have already tried before.

Non-musicians

If you do not already sing or play a musical instrument, then don't worry – there are loads of options available! It's easier than it has ever been to make music.

Start by thinking about how you might already hear the music sounding for your words. Here are a few options to develop from there:

- For the purposes of this exercise, you could try and fit your lyrics into a melody from an existing song. Is there a melody you like or that's memorable to you? Try fitting your words around this and see what works – then try changing some of the notes you use and see what happens.
- There are lots of resources online that you can use, from backing tracks to simple drones on YouTube to whole websites full of loops and samples for the budding or established music creator. A quick search for either of these will yield plenty of results and they are often listed by key, instruments or mood, which will help choose the one that works for what you have written.
- The other option is to team up with a musician and show them what you have written. Ask them to try a few different options and bring their ideas to your work. This is called collaboration – where two or more people work on creating something – and is a great way to learn new ways of working and produce words and music in different ways.

Have fun with this and remember that there are no wrong answers - the journey of songwriting is at least as important as the destination! Whether you record this and share it or just keep it to yourself as something to look back on, it's an opportunity to do something a little bit different.

courage   journey   air

trouble   together
trying

ambition   holding

care   you   never

light
steps
dream
turn   growing
lost
shadows
bubble
always

Film

Create a Photographic Storyboard

This week's filmmaking task is an invitation to create your own storyboard using found images. We'll be collecting a random selection of images and then constructing a sequence from them to tell a story.

Storyboards are often used by filmmakers in the 'pre-production' phase of making a film, before shooting. They often involve rough drawings to indicate framing, subject matter and camera movement. Storyboards are a template that can give us an idea of how a film might look before it's shot and edited. In this exercise, we can play with the order of images to create different effects and meanings while exploring the relationship between words and images.

You will need:
• Scissors
• Newspaper/postcards/photos/magazines
• Pen
• Paper
• Tablet or camera (optional)

1 - Collect your image material.

Bring some old newspapers, magazines, postcards or photographs together. Have a look through them and cut out any images that you're drawn to. Images can be cut out in rectangles, so that they look like a frame of film. Collect at least ten images - although having a few more will give you more options later.

2 - Construct a sequence from your chosen images.

Lay out your images on a flat surface so that you can see them all. Imagine that they are now a sequence of film shots and play around with their order. Which shots compliment or contrast with each other? What's the effect of replacing one shot with another? Imagine that your first image is the opening shot to a film and the final image is your closing shot. Decide on an order for your image sequence that you're happy with. This is a bit like doing a film edit without having shot anything!

3 - Collect words from your newspaper or magazine.

Look through the pages and cut out any quotations, sentences or individual words that you're drawn to. Cut them out and collect them together.

4 - Arrange your words underneath your image sequence.

The words could be a line of dialogue or narration. Play with arranging different quotes under different images. Don't worry about it making any sense at this stage and instead try and focus on what effect the combination of words and images creates. Is it funny? Sad? Surreal?

Settle on the sequence of your words and images.

5 - What's the story?

Have a look at your images and words. Does the sequence give you an idea for an emerging story? Write down a few sentences which describe your narrative. This is sometimes referred to as a 'plot synopsis' or 'treatment'.

If there's no obvious narrative and the sequence seems a bit like nonsense, think about what mood some of the images and words evoke.

Rearrange any images and words, if you wish, to better serve the mood or story that emerges. Have fun with constructing your sequence. Be encouraged to explore the different possibilities of various combinations of words and images, rather than creating a cohesive narrative.

6 - Film the storyboard (optional).

If you have a device or camera, you can film your storyboard in one continuous take, going from shot-to-shot through your sequence. As you capture a filmed recording of your storyboard, you or a partner could also read the words that you've attached to your images aloud.

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

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