

**LUDUS DANCE**

**STATE OF FLUX**

# **CREATIVITY PACK**

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state of  
**FLUX**



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# 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

## MUSIC AND MOVEMENT: DANCING WITH NO RESTRICTIONS

Music is everywhere, it may be in our local corner shop, coming through our headphones as we sit on the bus or even the drum of our heartbeat. Music can dramatically change our mood but also changes the way that we move. When we hear a happy song we may want to jump around and throw our arms in the air, or if we hear a sad song we may want to curl up in a ball and think back to a distant memory.

In this exercise we are going to explore how our body responds to a range of different music. There is no right or wrong way to complete this exercise, and the end goal is to finish feeling like we have danced for ourselves and nobody else.

### **You will need:**

- An internet connection and access to an app with music e.g. Spotify, Apple Music, Soundcloud or YouTube
- A speaker (optional)
- Headphones (optional)
- A space to dance in with no obstructions

### **Main task**

First you must select 4 songs from either A) 4 different genres or B) with four different moods. The aim is to have 4 songs which vary from each other and not to just choose four songs from your favourite artist. If you have completed the music task 'Postcard playlists: Soundtracks for life' in this week's booklet then you may want to select a song from each of your location playlists. There are many tips in this week's music task for finding a range of music.

The next part of the task is really quite simple, we are going to dance to these songs without considering the movement before-hand. This type of dancing is known as improvisation. Improvisation allows the dancer to respond to a stimulus, which in this case is our selected song, and make the movement up as they go along. It is important to remember that there is no right or wrong way to dance to music, and to go with whatever you feel like in that moment.

Before you go ahead and begin to dance, here are some things to listen out for which may inspire your movement:

- The tempo (the speed) of the song. Will your movement be fast, slow or somewhere inbetween. Many songs have a range of tempos so make sure you listen carefully.
- The lyrics (if your song has lyrics). Is the singer telling a story, are you able to tell this story with your movement?
- Listen for any pauses or stillness. Some songs can be quite long, don't be afraid to pause and take a moment of stillness if you feel like it.
- Listen to how the song makes you feel, do you feel happy, sad, nervous, excited or angry? Can you show these emotions in your movement?

**Extension exercise:**

Choose the song which you enjoyed dancing to the most. You will repeat your improvisation to this song whilst trying to remember some specific moments during your improvisation which felt good. Don't worry if you struggle to remember, you can repeat this step as many times as you like, or you can break the song into sections to help you remember some of your movement.

Now you will start to piece together some of your improvised movements together, you can also add in some of your own movement which wasn't part of the improvisation.

By the end of the extension exercise you will have created a solo to either the full song or a part of the song!

# Music

## **POSTCARD PLAYLISTS: SOUNDTRACKS FOR LIFE**

Music has a really powerful way of transporting us all across time, space and reality. Do you ever hear music and find yourself thinking of a particular place? Maybe a song might remind you of a trip you went on, or some film music conjures up images of being in a more fantastical setting.

In this exercise, you will be thinking about the sights and sounds of real places and fictional ones, such as locations in your favourite TV series, film, video game or book. By the end of it, you will have a handful of unique playlists that you can enjoy yourself and share with others, too. You will also have your very own personalised soundtrack for next time you visit a similar location or to accompany a gaming or reading session!

### **You will need:**

- an internet connection and access to an app with music e.g. Spotify, Apple Music, Soundcloud.
- images of places; these can be from memory, photographs, or you can use the images provided.
- a pen and paper.

### **Main task**

Pick one of the locations and think about the music that comes to mind. This might be something specific from a real-life visit or you can base this on the feeling you get when looking at an image of a place. For example, if you are thinking of somewhere like a forest, that might conjure up sounds that are quite wooden or percussive and songs with lyrics relating to being in the woods or a jungle. Make a few notes as this will help you when you start selecting pieces of music.

Once you have done that, start searching for the kinds of music you have in mind. It's up to you how long the playlist is but one idea is to base this on how much time you were at the location, for example if it takes half an hour to walk along the sea front, you could put together a playlist of around that length which will be your soundtrack to the next visit there.

If you have specific pieces in mind you can find these on platforms such as Spotify by searching. You can also search by key words, music styles and then filter the results by track length. When you have found the piece you want, select it and choose "add to playlist" and create a new playlist for the location. Alternatively, you can use Soundcloud which allows you to discover work from a range of independent music creators across a range of styles. It's a great way to find music you might not come across on other platforms or radio play.

Do this for a few locations and you will have your first batch of these "soundtracks for life". If you chose a fictional setting from a video game, try switching off the in-game music next time you play and listen to your playlist instead!

### **Extension exercise**

These playlists might even inspire your own creativity. Pick one of yours and set yourself the challenge of trying to create something influenced by the music and place in mind. Try some of these:

- write a short story based on characters that might visit the location of your playlist.
- create an image for the playlist, which you can upload as its cover photo (if on Spotify).
- swap your playlist with someone else's and see if either of you can describe the place you had in mind.

# Film

## Creating a Montage from Music

This week's filmmaking task is an invitation to take inspiration from a piece of music to create a montage, which is a film editing technique used to combine a sequence of images together. The technique is often used in films to create a certain atmosphere or to suggest lots of fragmented images being part of a bigger picture. For example, the technique may be used to show a character training for a boxing match. We might see a series of shots of them running, being in the gym, or being coached, all edited in quick succession to music.

In this exercise, you'll have a chance to create your own montage using music and found images to suggest a mood. It can be done either digitally with a device or with physical materials.

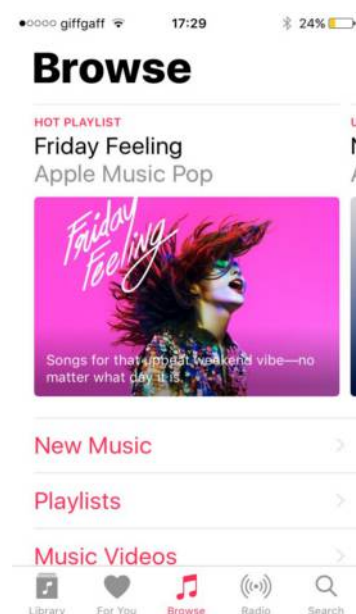
You will need:

- Pen and paper
- Old newspapers or magazines
- Scissors
- Music player
- (Optional) A tablet or smartphone with internet connection
- (Optional) Editing software (there are lots of free options available. I use 'iMovie' for Apple devices)

### 1) SELECT A PIECE OF MUSIC

Using Spotify, Youtube, or your own music collection, select a music track to listen to. It could be from the soundtrack to your favourite film, video game or tv series. Aim for something instrumental from any genre - e.g. classical, reggae, electronic, rock. Sit or lie down and listen to it!

How does the music make you feel? Write this down as the overall mood for your montage.



### 2) WORD ASSOCIATION

Listen to the music again but this time, only for the first minute. As you listen, write down any words or images that come to mind as the music plays. There's no right or wrong responses here, just write down whatever the music makes you think of. See if you can get at least 10 words or phrases. For example, listening to reggae might make you think of the sun, beaches, barbecues, smiling faces and summertime.



### 3) SELECT YOUR IMAGES

Look back over your list of words and phrases and pick out 5 of your favourites. Have a look through some old magazines or newspapers and cut out any images which illustrate your words. For example, an image of someone eating an ice cream might illustrate 'summertime'.



Alternatively, if you have internet access and a device, you could look for stock photos or footage online. [www.pexels.com](http://www.pexels.com) is a great website which allows you to search for images and film clips that are completely copyright- and cost-free to use. Download or print out your chosen images.

### 4) PLACE YOUR IMAGES IN SEQUENCE

Listen to the first minute of your music again and decide on a sequence to place your images in as the music plays. Imagine that the music is now going to be the soundtrack to your new sequence.

If you're using cut-out images, lay them out on a flat surface and play with rearranging their order. If you're working digitally, import your downloaded images or footage into some edit software on your device and sequence the images on your timeline.



### 5) SHARE YOUR MONTAGE

If you're using cut-outs, order your images like a pack of cards and show them one at a time to a partner as you play the music. Play with how long you show them each image for. For example, you might hold up the first photo for only 3 seconds and the next photo for 10 seconds. You could experiment with showing a specific image at a particular moment in the music. What effect does this have?

If you're constructing a digital sequence, play with the order and duration of your images as the music plays. If you can download the music, edit it into your sequence as the images play. Does the montage capture the mood you wrote down earlier?

### 6) ADD A VOICEOVER (OPTIONAL)

If you'd like to take this exercise further, you could return to your list of words from step 2 and use them as inspiration to write some lines of narration for your montage. This could be some poetry or a character's voiceover.

Record the text as audio to add to your digital sequence, or have someone read it aloud while you play the music and show the images as part of your 'live montage' slideshow!

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](mailto: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](mailto: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>

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