

LUDUS DANCE

STATE OF FLUX

CREATIVITY PACK

state of
FLUX



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 STRUCTURES

Structures are all around us, a bridge is a structure, the roof over our head is a structure and even our bed is a structure. Sometimes they're useful, sometimes they're beautiful and sometimes they're really quite strange!

In today's session we will be examining some examples of structures and attempting to recreate the structures using our body, as well as recreating them with a partner. There is no right or wrong way to complete this exercise, its purpose is to help us move in new and interesting ways.

You will need:

- Someone to complete this exercise with, a partner or small group
- An internet connection and access to an app with music e.g. Spotify, Apple Music, Soundcloud or YouTube
- A speaker (optional)
- A space to dance in with no obstructions



Main Task:

Step 1: To be completed on your own

Using the images on the previous page, try to recreate the images using your body. You could:

- Copy the shape of the structure
- Re-enact how you might use the structure e.g. walking over the bridge
- Trace the structure in the air using different body parts, e.g. trace the shape of the sailboat using your finger, trace the shape of the bouncy slide using your elbow.

Experiment with different ways you can re-create these shapes. Don't rush and remember that there is no right or wrong way of completing the exercise.

Try to remember, or write down, some of your new discoveries as you will need to come back to them in Step 3.

Step 2: To be completed with a partner or in a group

Using the images on the previous page, you will try to recreate the images with your partner or in your group.

***IMPORTANT – Do not lift anyone more than 1ft off the floor, always begin first with a gentle lift to test if you are able to do it safely.

In your partners or small group, you could:

- Copy the shape of the structure
- Re-enact how you might use the structure with your partner e.g. somebody creates the armchair, and somebody uses the armchair
- Trace the structure in the air using different body parts. Could you both use the same body part? Could you use different body parts? Could you be connected as you trace the shape?

Step 3: To be completed with a partner or in a group

Together you are going to choose four of the images above and you will then start to link your movements together.

For each image you will have at least 3 movements:

- Person A's solo movement
- Person B's solo movement
- Partner movement

Your final task is to slowly and carefully piece together your movements from your selected images into a short dance sequence. It is completely up to you which order you put the moves in.

Step 4: Choose a track and perform your dance to a song of your choice!

Visual Arts

Creating Luduputia!

We are really keen to include different participants' input on the work that we do with the State of Flux project. It's so great to have a mix of different ideas and perspectives, whether a little piece of writing of a full-length song, dance or video.

For this exercise, we want you to help us to make a State of Flux cityscape; a collage of different buildings, all created by people based at The Cove. This might end up being a small village full of historic buildings or huge, bustling metropolis like the kind you would find in a futuristic science fiction film! Perhaps a mix of both, like many of our cities today - how it looks is up to you!

This fictional location is called Luduputia, inspired by Lilliput, which is a fictional country inhabited by tiny people and animals in Jonathan Swift's *Gulliver's Travels*.

This exercise is your opportunity to contribute to something that will be used as a backdrop for some of the work we do over the next year.

You can take as much or as little time on it as you like, and use it as a springboard to try a few ideas of your own.

You will need:

Paper, art materials e.g. pencils, crayons, paint

or alternatively, if you use any software to create artwork, feel free to use that!

It's entirely up to you how to approach this, but here are a few steps that might help:

- 1) Pick a type of building you are going to create. Is it a house, school, perhaps a high rise building or something ornate like a museum or statue. Think about buildings that stand out to you. Or, you might want to add another kind of space – perhaps a park or coastline – it's up to you!
- 2) Sketch out the design for your building. Think about form, design and features. Should it have windows? What kind of doors will it have? What medium (e.g. paint, pencils) works best for the materials its made of.
- 3) Use online resources as a guide, if you want to. Pexels.com has a lot of photos of cities, villages and buildings, so you could use one of these as a template.

Once you have finished, a photo of your piece can be sent to us. We can then digitally edit that to add to the others. We can then incorporate it into an amazing collage of all of your buildings and other pieces. This might be used as a basis to do some new songwriting, a dance with this as a backdrop or as an element in a short film we make.

Film

THE FIVE-SHOT STORY

This week, the invitation is for you to tell a story visually using only 5 different shots, which will combine to form a sequence of film. These are the basic building blocks for creating a short scene of action.

Resources:

- Pen and paper
- Storyboard sheet
- Scissors
- Camera / device (optional)
- Edit software (optional)

• Think of a task for a character to perform. This could be as simple as making a cup of tea, eating a meal, applying make-up or getting ready for bed. As it's close to Hallowe'en, maybe someone's carving a pumpkin or dressing up to go out. Alternatively, let your imagination go wild and picture someone preparing for a space flight, or swinging through the jungle. It could even be a fantastical task, like learning to fly or fighting a monster. Make sure that you're clear on **WHAT ACTION THEY'RE DOING**. Feel free to use one of the examples, if you can't think of anything else!

• Create a paper storyboard on separate pieces of card/postcards, or a storyboard sheet. A storyboard is a rough visual representation of your story and helps to visualise what will happen in each film scene. (you can download a template from lessonbucket.com)

• Sketch out images of the action. You don't need to be an amazing artist (as you can see, I can't draw!): stick characters are fine!

Include one of each of the following angles (see example sheet):

- A close-up on the hands of a subject - showing **WHAT** is happening.
- A close-up on the face of a subject - showing **WHO'S** doing it.
- A wide shot - showing **WHERE** the action's happening.
- An over-the-shoulder shot (OTS) - linking together the previous three concepts.
- An unusual angle - this could be from above, beneath, side-on etc.

• If you have access to a camera, you could take photos of these angles, with a partner. Another option, if you'd prefer not to draw is to write a shot list, describing the camera angles and what action is happening.

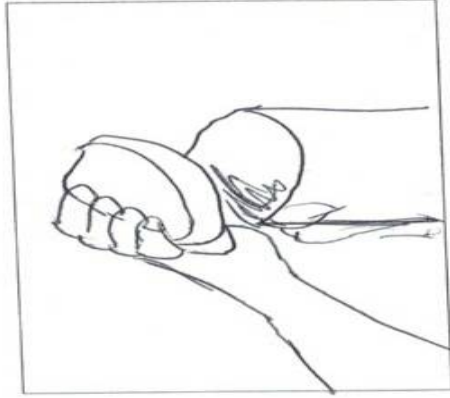
• Cut out and play with rearranging your storyboard shots. Imagine how they might work in a different order. Which images work as great compliments/contrasts?

• Write a line of VoiceOver, based on your sequence of images, about what your character might be thinking or feeling as they perform the activity. Write it down as text underneath the storyboard.

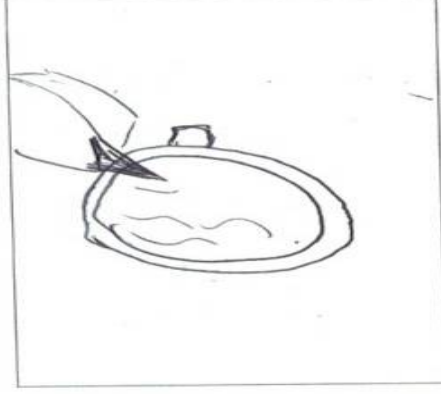
• If you have a device or camera, you could capture each of the shots from your storyboard and record the voiceover as audio, then edit them together, using iMovie, or another form of editing software. Give it a soundtrack, if you like, too.

Full length films are made up of hundreds of sequences like this. If you have time, you could build on your existing scene by give your character something else to do.

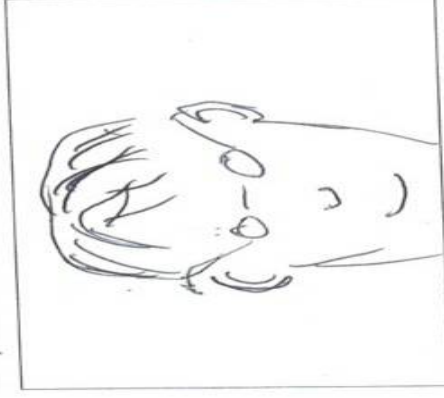
5-SHOT STORY (MAKING TEA)



| | |
|-------------------------------|-----------|
| Scene #: | Shot #: 1 |
| Shot Type: CU on hands | |
| Notes: LIFTING LID ON TEA BOX | |



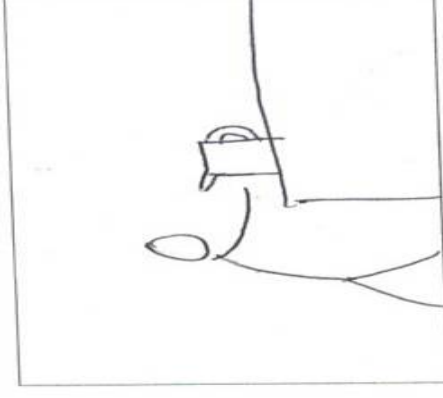
| | |
|--|-----------|
| Scene #: | Shot #: 5 |
| Shot Type: BIRDS EYE VIEW | |
| Notes: POURING TEA INTO MUG FROM ABOVE | |



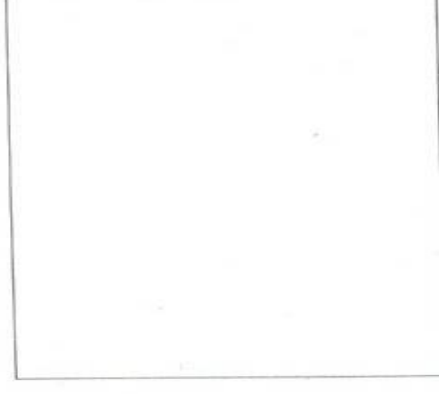
| | |
|-----------------------|-----------|
| Scene #: | Shot #: 2 |
| Shot Type: CU on FACE | |
| Notes: Looking down. | |



| | |
|------------|---------|
| Scene #: | Shot #: |
| Shot Type: | |
| Notes: | |



| | |
|----------------------|-----------|
| Scene #: | Shot #: 3 |
| Shot Type: WIDE SHOT | |
| Notes: BUILS KETTLE | |



| | |
|------------|---------|
| Scene #: | Shot #: |
| Shot Type: | |
| Notes: | |



| | |
|------------------------------|---------|
| Scene #: | Shot #: |
| Shot Type: OVER THE SHOULDER | |
| Notes: POURING KETTLE | |



| | |
|------------|---------|
| Scene #: | Shot #: |
| Shot Type: | |
| Notes: | |

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>
