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

Textures

The best thing about dance is there are no limits on how we can perform a movement. Sometimes we are led to believe that there is a 'right' or 'wrong' way of doing a move, however I'm a firm believer that any move can be performed in a variety of ways and each variation will bring a different flavour and feeling.

In today's session we will be exploring the ways that textures can change our movement. The purpose of this exercise to guide us away from our go-to movements and try something brand new.

You will need:
- An internet connection and access to an app with music e.g. Spotify, Apple Music, Soundcloud or YouTube
- A device to play music from
- A device to time yourself with (a phone/stopwatch/website with timer)
- A space to dance in with no obstructions

Main Task:

Step 1: Locating textures
First you must set a 3-minute timer on your timing device. Within this time limit you must find and collect a selection of random items:

• Something blue
• Something shiny
• Something stretchy
• Something thick
• Something tiny

Now I'd like you to examine the items you have collected and try to observe their textures, is it squishy, slimy, hard, rough, slippery etc. Please see my examples below, alternatively you can use my examples if you wish.
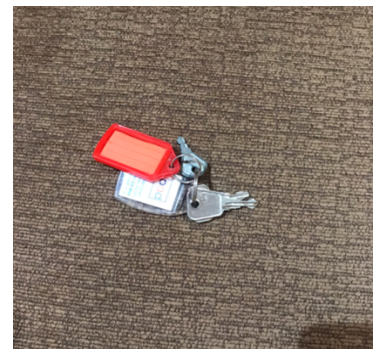
Something blue:
Exercise ball

Texture:
Spikey

Something shiny:
Keys

Texture:
Hard/solid

Something stretchy:
Workout band

Texture:
Slippery

Something thick:
Yoga Mat

Texture:
Squishy

Something tiny:
Eraser

Texture:
Crumbly

Step 2: Experimentation
• I would now like you to think of 3 of your go-to movements. These can be 3 of your favourite moves from a dance class you've taken, 3 dance moves you have seen online or even 3 dance moves you have learnt on tik-tok.
• Next you must try to make a new version of your go-to movement using the textures you have located. You will eventually have tried each texture with each of your go-to movements, this is 15 brand new movements!

Step 3: Creating a dance
I would now like you to select 2 of your favourite textures that you experimented with. Using these textures and the moves you played with I would like you to create a short dance phrase. You can:

• Repeat movements
• Create new movements using the textures
• Use the textures to change more of your go-to movements

Finally, try performing this phrase of movement to a piece of music. You could try find something that matches the dance, or something that is a complete opposite. There are plenty of weird and wonderful sounds on YouTube and Spotify to experiment with.

Music

"Once upon a time…" – Building Our Own Worlds

Almost all stories have a beginning, middle and an end but the journey that we go on is often much more interesting and immersive thanks to a range of characters and locations. Just think about the role the forest plays in Red Riding Hood or Hansel and Gretel, Lord Farquaard's castle in Shrek or the heroes, villains and spectacular backdrops of Star Wars. These things don't tell the story itself, but they form part of a fictional world that we as viewers, readers or gamers get to immerse ourselves in.

In movies, TV and video games, this is collectively known as world building. People will often talk about the "world" in which the events of a story happen, or the fictional "universe" where things play out (the Marvel Cinematic Universe is a popular example of this).

In this exercise you have a few options of ways to build your own fictional world. The pictures are provided to get you started but you can use your own if you prefer.

First of all, decide on the image that you will using. This will be a location in your world but it's up to you to decide whether it's someone's home, empty, or near an important person or site.

Think about who lives there, if anyone does. And about who might have lived there before, visited, or who might want the location for themselves. It's ok for this to be as detailed or as undecided as you like and you can change it as you go if new ideas spring to mind.

Think about how people in a story might interact with this location, then make a few notes about the way characters behave when they are there and anything they might have to do that they wouldn't if they were elsewhere.

Once you have done that, try to do one or more of the following:
Visual Art: Sketch or paint images of the location or a space nearby. You could draw the inside of a building, such as the throne room of the castle, where some of the action in a story might take place. Or you could paint a wide landscape of the area where this location is based, showing other buildings or features that may be nearby.
Creative Writing: Try and draft a poem, short story or description of the location. This could include describing any fictional characters that you think might live, work or pass there. Think about the sounds, smells and look of the location. Does the inside have furniture? Are the floors quite hard and you could hear people walking inside? Is it an old building like a castle that smells worn or somewhere that smells of fresh paint or nearby plants, fresh air or the sea?
Music: If you didn't feel like sketching any artwork or creative writing, try to find some music that matches the location and make a note of why you have chosen the piece you have. For example, a castle might be quite imposing and have music that sounds big, bold, perhaps even a little bit scary. After you have done one, try the others.

You can send any of the work you make to laura.worden@ludusdance.org – we would love to see it!

Film

Make a Thaumatrope

Thaumatropes, or 'wonder-turners', are simple toys which can show you the basics of how the illusion of film is created. They were very popular in 1800s when cinema was in its early days.

They work by having separate images on each side of a piece of card, usually a disc. When you spin the disc, using some string attached to either side, your eyes combine the images together. This effect is similar to the way in which models or drawings appear to move in stop-motion animation.

YOU WILL NEED:
• Scissors
• Glue
• String
• A pencil and blu-tack to make a hole, or a hole punch
• Cardboard
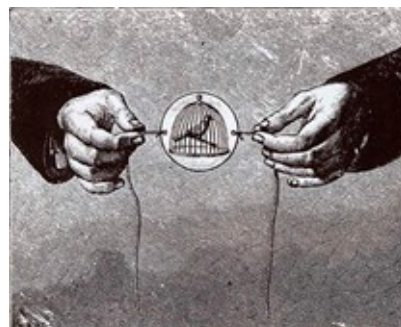
INSTRUCTIONS:

1. Cut out the two large circles from the example page (depicting the bird and the cage).
2. Stick each of the circle onto a sheet of card and cut out again, so that they're stronger than on paper.
3. Then hole-punch through the two small grey circles on the edge of each disc.
4. Stick the two circles of card together, making sure that one of the images stays upside down. Also, line up the holes on both pieces so that they match.
5. Thread one piece of string through each of the holes.
6. Now pinch the string on each side with your fingers and spin quickly to see the illusion of the bird appear in the cage.
7. Have a go at making your own thaumatrope, using the template circles provided, although you can try other shapes, as long as they're both exactly the same. Keep your drawings in roughly the centre on both discs.
8. Think about what kinds of images you could combine: e.g. a racer and a horse, the sun in the sky, expressions on a face, flowers in a pot etc.

FILM YOUR CREATIONS:

If you'd like to film each other showing off your optical illusions, set up a phone camera in the same framing as the illustration above and send us the results at laura.worden@ludusdance.org. We'd love to see what you've come up with!

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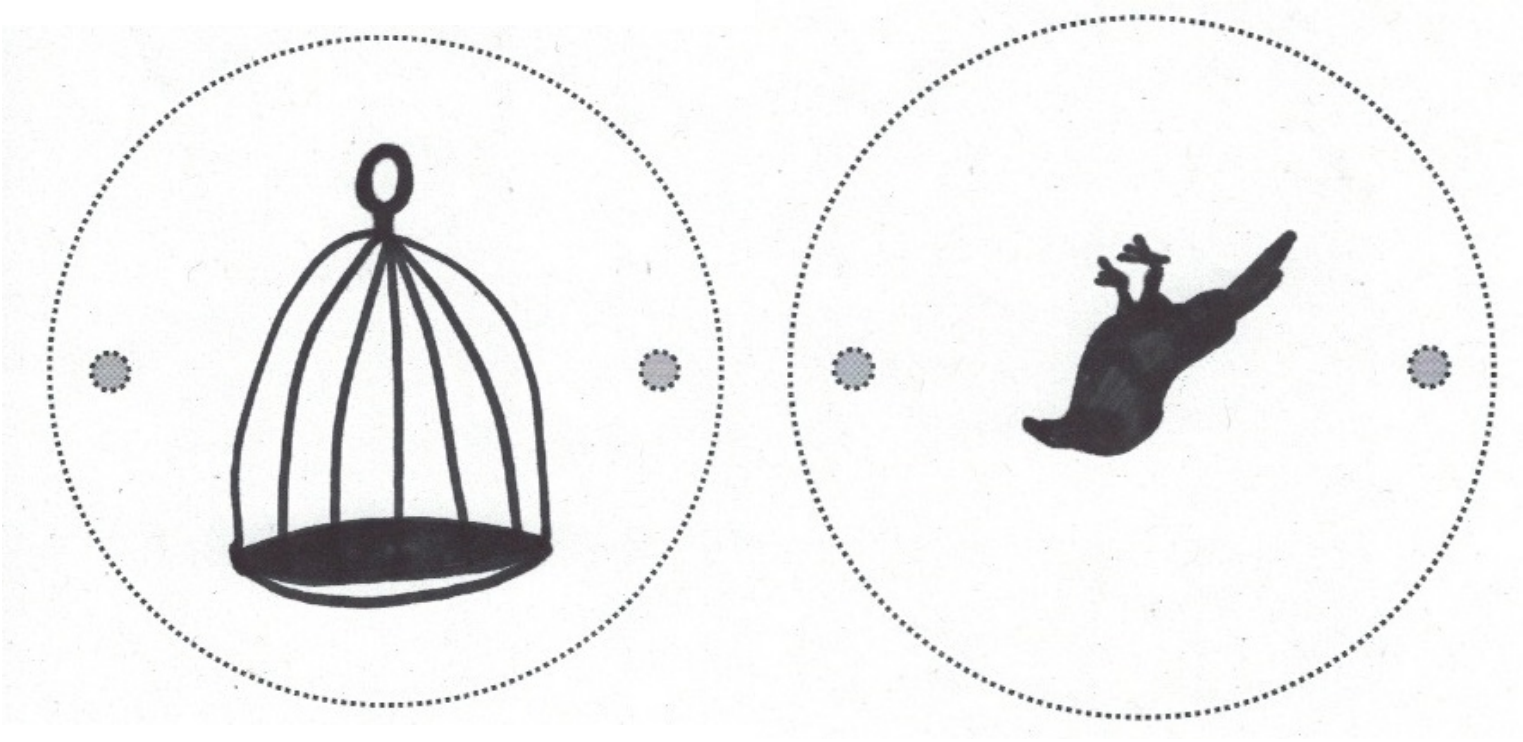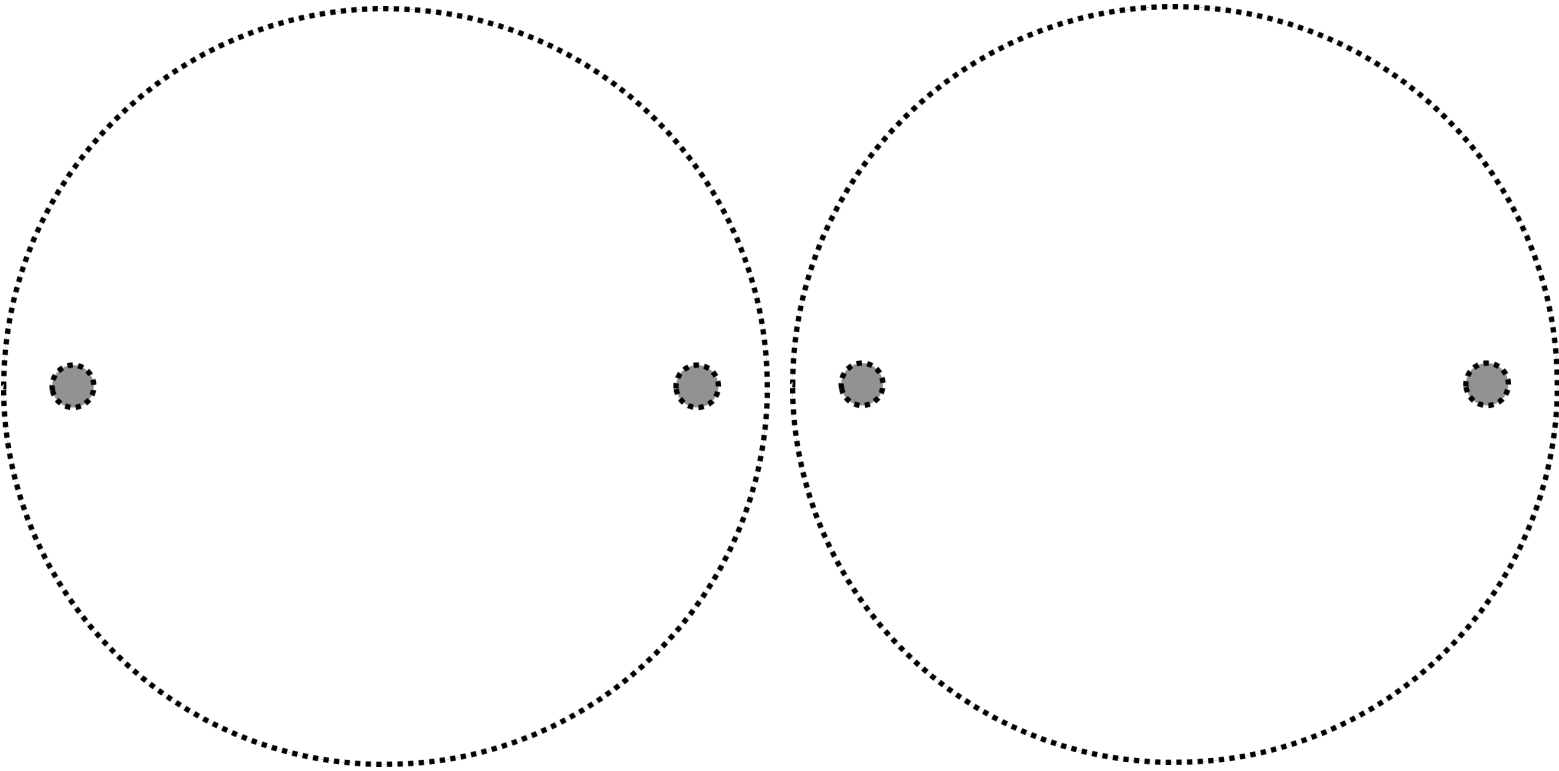
If you feel comfortable to do so please share you work with us.
We would love to see what you create as well as hear about how you've found the experience.

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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