

**LUDUS DANCE**

**STATE OF FLUX**

# **CREATIVITY PACK**

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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

## LIGHT/DARKNESS

When watching a dance show, a film, a music video or a play in the theatre, light and darkness is used to set the mood and the tone of the piece. The way something is lit can tell a completely different story to its opposite lighting state. This week we are going to be experimenting with light and darkness to see how it effects our dancing and the way that we move.

You will need:

- A pen and paper
- An internet connection and access to an app with music e.g., Spotify, Apple Music, Soundcloud or YouTube
- A device to play music from

Main Task:

### Step 1: Analysis

- Firstly type in 'Hofesh Shechter's "Clowns"' on YouTube.
- When watching the clip, I would like you write down all the words that spring to mind. How does it make you feel? What do you see? Don't over think this, simply make a note as soon as you have a thought.
- Now, type 'Sergei Polunin 'Take me to Church' by Hozier, Directed by David LaChapelle' on YouTube.
- Again, when watching the clip, I would like you to write down all words you think of that you associate to the clip



### Step 2: Choreography

- You should now have two lists of words. If there are any words that appear on both lists, I would like you to cross these out.
- I would now like you to whittle your lists down to 6-8 words per list.
- You are now going to make up a short sequence of dance movements for each of your lists using the words as inspiration for the movement. You may find it easier to complete list 1 first and then record your movement on your phone so you have a record of it before moving on to list 2.
- There are many ways you can create this movement, try think outside the box and reflect on the clips you watched and how they made you feel.



### Step 3: Experimentation

- Now is the chance to experiment with the movement you have created!
- Firstly, I would like you to perform the 'darker' of your solos in a dimly lit room. Make sure the room isn't in complete darkness. You could experiment with lighting by having one light source such as a lamp or torch, this will create an interesting shadow effect.
- You may want to choose some music to accompany this which has a similar feeling.
- I would suggest repeating the solo 2-3 times so you can really capture how it makes you feel.

- Now try experimenting with the 'lighter' of your solos.
- You may want to try this in a brightly lit room, or a room with lots of natural light. You could even try this solo outdoors if you have the space and feel comfortable doing so.
- Again, choose a track which has a similar feeling to your solo.
- Make sure you repeat your solo a number of times and acknowledge how it made you feel afterwards.

#### Extension Task (Optional)

- You could now perform your 'light' solo in the dark room and your 'dark' solo in the light room, how does this feel?
- You could even try joining the two solos together to create a longer solo piece!

# Music

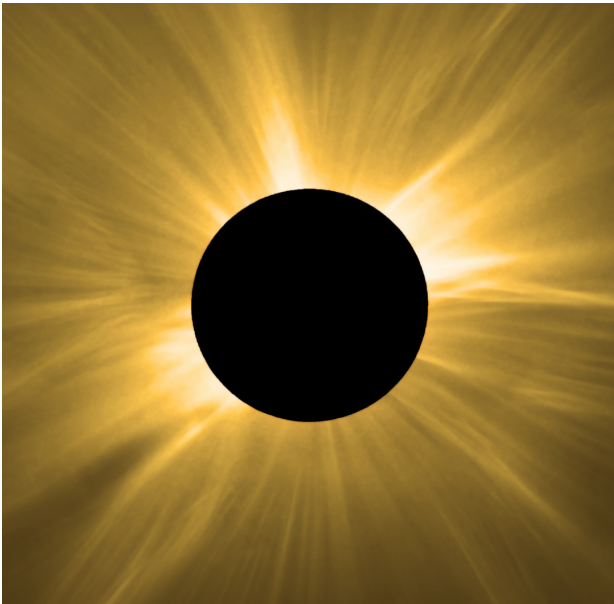
## Solar Eclipse

The theme for this week is “light and shade” and this exercise is inspired by a solar eclipse. This is when the Moon crosses in front of the Sun, blocking some or all of the light.

These events are rare but once experienced, never forgotten. As the Moon crosses in front of the Sun, an eerie quiet descends, birdsong becomes audible then quieter, and the sky quickly darkens. Shortly after, the change in temperature becomes noticeable as the Moon blocks the Sun’s heat as well as the light. Then the light begins to return, birds begin to sing and warmth, along with normality, is restored.

For this exercise, you have a couple of different options. Before you start, you may want to find some pictures and videos of solar eclipses. Some pictures are attached, too.

The darkening of the sky during a solar eclipse is a very unusual sight. The events are pretty rare though partial eclipses – where the Moon covers just part of the Sun – are more common. Either way, the effects are noticeable.



#### Music:

What do you think the soundtrack to a solar eclipse would sound like? When you see the images, do you get a sense of the kind of music that would match it? Try to find some notes, chords or rhythms that relate to the images. See if you can record your idea then play it back with video or photos of an eclipse and see if they work well together. Perhaps this might inspire a new song or instrumental piece – use this as a starting point.

#### Creative Writing:

The sudden stillness of an eclipse can often feel like a time for contemplation and reflection, as the world seems to briefly come to a standstill. Think about some of the words that come to mind, such as light, dark, cold, bright, and make a list of these. Use these as the beginnings of a new poem or short story. Perhaps the eclipse is a moment in which something dramatic happens. It might be a calm time when a character finds clarity about something they have been thinking about. Experiment with this.

#### Visual Art:

Eclipses are stunning but photos rarely do them justice. Have a look at the images and if you have ever seen an eclipse, think about how that looked. Draw, paint or create your own eclipse image. This could be a close up of the Moon covering the Sun, a darkened landscape as the light has almost disappeared, or a more unusual piece of work.

You can send any of the work you make to [laura.worden@ludusdance.org](mailto:laura.worden@ludusdance.org) – we would love to see it!

# Film

## Create A Shadow Puppet Show

Shadow puppets have been used all over the world to entertain people and tell stories. They're often simple cardboard cut-outs with sticks attached, which are then pressed against a screen, which is lit from behind. To an audience sat in front of the screen, the cut-outs are moved to appear as animated shadows. Being silhouettes, their outlines are often exaggerated, so feel free to make yours by drawing any strange shapes.

### YOU WILL NEED:

- Cardboard (the back of a cereal pack will do)
- Scissors
- Pen
- Sticks/dowl rods or pencils
- Sellotape or blu tack
- Split pins (optional)
- Large sheet of paper
- Large cardboard box
- Torch or table lamp



### DRAW YOUR SHADOW PUPPET

Using the back of a cereal box, draw on the silhouette of a character. If you don't know where to begin, start by drawing some random shapes and see if they can become a head, or other body part. You can also use the template which begins with a head and complete the missing body.

Optional: if you'd like to design a character with a group or a partner, you could fold over the body part that you've just drawn and pass it to your partner to continue working downwards to the legs. Take it in turns to draw and then reveal the full character when you're finished.

### CUT OUT YOUR CHARACTER

Using scissors, cut around the outline of your character. If you've used the template, cut them out then stick your character onto cardboard with some glue.

Attach a stick or pencil to the back of your character, using sellotape or blu-tack.

Optional: If you'd like your character to have moving limbs, you could cut your character into different parts and then re-attach using split pins. Attach a new stick to each moving part, so that it can articulate.

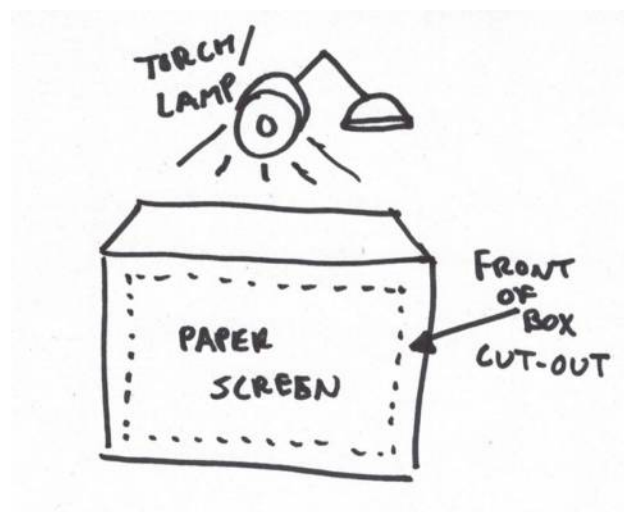
### CREATE YOUR SHADOW SCREEN

Using a large cardboard box, cut out the largest side, leaving a border of 1 inch, then attach a large sheet of paper to replace the cardboard face. Also cut out the opposite side of the box: the 'back' of the screen.

Position a lamp or torch behind the screen. Even a phone light will do!

Dim the lights and play out a shadow scene between your characters by pressing the puppets gently up against the screen from behind. How do they behave together? Play with them having a conversation. Is there a story you can tell to your audience?

Film the show or take some photos of your scenes. Please send any of your creations to [laura.worden@ludusdance.org](mailto:laura.worden@ludusdance.org). We'd love to see what you come up with!







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/364VSP>

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