

**LUDUS DANCE**

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**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

## NATURE

Nature is one of life's great gifts. Sometimes it's easy to ignore the nature that surrounds us, yet when you take a moment to appreciate its beauty you can be brought an abundance of joy. This week's task is going to encourage us to appreciate nature and create movement using the seasons as a stimulus.

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: Reflection

- Firstly, I would like you to reflect on the four seasons of a year, Winter, Spring, Summer and Autumn. I would then like you to choose your favourite season.
- Now that you have chosen your favourite season, I would like you to reflect on the following prompts and write one or multiple answers for each prompt:
  - The smells of the season
  - The sights you see during the season
  - The colours of the season
  - How nature changes during the season



## Step 2: Choreography

- You are now going to choreograph movement which is linked to your reflections in the previous stage.
- The way that you do this is completely up to you, here are a few examples of ways you could interpret your reflections.
- E.g., Reflecting the falling leaves of autumn by choreographing movement which gently floats from a high height to a low height. Reflecting on a memory of running through grass and choreographing a short running sequence within the dance. Reflecting on the sounds of laughter by choreographing movement which see's your chest rise and fall as if you are laughing too.
- There is no right or wrong way to create movement, the closer you stick to your reflection the more genuine it will feel.

## Step 3: Embellishing the choreography

- Now that you have your phrase of movement, we are going to add in the following instructions. These instructions will add extra excitement to your movement:
  - A moment of pause part way through a movement, hold for 5 seconds, and then continue
  - Perform one of your movements in slow motion
  - Perform one of your movements as fast as you can, 3 times
  - Perform one of your movements how it is originally, then reverse the movement (perform the movement backwards)
  - Add in one moment of excitement – you can interpret this however you wish!
- Now your choreography is finished, you can try performing it to music!

# Music

## SELFIES & SELF PORTRAITS (with a twist)

This exercise is an opportunity to create a self portrait with a difference.

Self portraits are often created by artists as a way to produce an image of them at that period during their life. This was particularly true before photography was readily available. More recently, the selfie photo has become a go-to option for many of us wanting to share photos of captured moments with the rest of the world.

Those are very visual ways to make a self portrait which you can try if you wanted to. But in this case, there are a few different ways to approach it and the challenge is to produce something that really captures some or all of your personality!

### Music

Our musical taste often says a lot about us. To make a musical self-portrait, think about the music that really inspires you or that you relate to most. Using a streaming service (e.g. Spotify, Apple Music), have a go at putting together a playlist of 5 pieces of music that represent you. This could be pieces about parts of your personality, favourite things or future ambitions.



### Writing

Try to write a piece that is a written self portrait. This could be a few lines of poetry or a full length short story with the character based on you. It can be as specific or abstract as you like. It might also be great to keep this as a reference to look back on it in the future to see what has changed!

### Visual Art

Self portraits are often painted by artists but for this exercise the medium is collage. This is when you use objects and materials and stick them down to make an image made of lots of different elements, e.g. feathers, sweet wrappers, sequins. You can do this physically with actual materials stuck on to paper or try a digital version (the website canva.com lets you create images and has a lot of shapes, photos and effects that you can use for this and it is free to use).

Good luck and please share your work with us by emailing it to [laura.worden@ludusdance.org](mailto:laura.worden@ludusdance.org)

# Film

## MAKE YOUR OWN NATURE DOCUMENTARY

### YOU WILL NEED:

A camera / smartphone  
A tablet or laptop with some edit software, such as iMovie

### CHOOSE A SUBJECT

Go outside and find an aspect of nature that you're drawn to. It might be the weather, a leaf on the edge of the pavement, a n insect, a bird, a tree or a plant. Spend a minute or two with your subject, without filming. How does it move? How does light fall on it? How does the wind affect it? Touch it, listen to it, smell it!

### FILM YOUR SUBJECT

Capture some observational of your subject using a camera. Aim to capture at least five shots which use different angles. Try out extreme close-ups of textures, a bird's eye view, or a slow zoom. Your shots should last about 5-10 seconds each.

### ADD IN STOCK FOOTAGE

Alternatively, if you don't have a camera or don't feel like going outside, you can choose a selection of shots of your chosen subject from a library of stock footage. There's plenty of free clips to explore and download from [www.pexels.com](http://www.pexels.com). For example, you might want to create a montage of trees and could find a variety of clips that suit that subject. Find unusual shots, such as the one here which shows a close-up of a tree stump.



### RECORD YOUR NARRATION

Add in a David Attenborough-style VoiceOver. You can either directly narrate what you see or how the subject makes you feel. Go online and gather some facts about your subject. You may want to add these into your voiceover narration.

Script what you'd like to say and record the audio separately, using a recording app on your phone (e.g. Voice Memos on an iPhone) then add to your edit.

### ASSEMBLE YOUR EDIT

Import all of your footage (filmed or stock clips) into an editing app like iMovie. Trim and order your clips into a sequence that you'd like, then add in your VoiceOver narration.

Optional: Add music to your film sequence that fits the mood that you'd like to convey.

If you'd like to share your short film, please send to [laura.worden@ludusdance.org](mailto:laura.worden@ludusdance.org). We'd love to see what you've 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

<http://uk.culturecounts.cc/s/354VSP>

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