

KANDINSKY

by dance artist Holly Smith

TASK:



Take a look at *Composition 8* (1923) by artist Kandinsky, W. (1923). *Composition 8* [Oil on canvas]. New York; Solomon R. Guggenheim Museum.

1. Pick a quarter of the painting.
2. Write down or draw six shapes that you can see in your quarter. For example circle, triangle, line, semicircle, square, cross.
3. Now write down six different body parts. For example foot, shoulder, knee, head, back, hand.
4. Move the first body part on your list to draw or create the first shape on your list. For example draw a circle in the air with your foot. Repeat this for the full list of shapes and body parts in the order you have written them down.
5. Link all six actions you have created into a sequence.
6. Now think about the size of your actions. Can you increase or decrease the size of some movements? What speed is each movement? Could some be slow and smooth and others sharp and fast? Try out different sizes and speeds and pick your favourites.
7. You could do this for each quarter of the painting. Put all four sequences together to create a whole dance inspired by Kandinsky's artwork!

STAY CONNECTED

by dance artist Natalie Gibbs

TASK:

Let's create a sequence that incorporates use of contact:

1. Find a space in your home – this can be a large or small space.
2. In your space find a surface or piece of furniture that is clear and safe to use – such as a wall, the floor, your sofa or your bed.
3. Pick your favourite piece of music. It can be any style!
4. Create a phrase of movement starting in contact with your surface. For example you can be leaning, lying or sitting. You can move in any dance style.
5. Can you move and stay in contact with the surface at all times? Can you switch which body parts are in contact with the surface as you dance? Perhaps your hand, then your back, stomach and hand make contact as you turn.
6. When creating your phrase, think about playing with the quality and speed of the movement.
7. Finish your phrase in contact with your surface.

Extra challenges:

1. Ask your grown up or sibling to join you and teach them the phrase of movement you've created.
2. With your grown up or sibling, create or improvise some movement together, including contact with your surface or contact with each other.