

DANCE CUBE

by dance artist Holly Smith

TASK:

1. Imagine you are in a cube or box, with walls above and around you. The size of the cube is as far as you can reach in all directions while staying on the spot.
2. Explore trying to reach and touch as much of the cube around you as possible (sides and corners). Start with your arms, then try with other body parts such as your legs, head, shoulders, knees, back and hips. How far can your legs reach, and your head? Can you touch the bottom corner with your foot, and the top right corner with your left hand?
3. Now explore *how* you touch the cube, using as many different body parts as possible can you move:
 - a/ smoothly
 - b/ strongly
 - c/ suddenly
 - d/ sharply
 - e/ slowly
4. After exploring each word, select your favourite movement for each word. Put these together in a sequence, thinking about how you can link them together. Try out your sequence to different types of music that you would like to move to.

Extension challenge:

5. Repeat the same task above but lying down (this can be on the floor or your bed). You're not aiming to touch the cube anymore, instead you must keep in contact with the floor as you move.

WEATHER LOG

by dance artist Holly Smith

TASK:

- / This task requires you to pay close attention to the weather over a few days a week.
- / Each day, write down what kind of weather it is. Try and be as detailed as possible and be sure to note down any sudden changes. For example if it suddenly starts raining and then stops five minutes later.
- / At the end of each day, create a phrase of movement that you feel represents the weather for that day. Think about the quality of the weather and how that can translate into movement – a gentle breeze could become gentle movement of the back, or heavy rain could involve heavy dropping of arms and legs towards the floor.
- / Challenge yourself by thinking about the levels you are using. If you're always standing can you change some of your movements so you are close to the floor?
- / Which body parts are you using to dance? If you use your arms for most of your movement try out other body parts, even parts you might not first consider using, like your eyes.
- / Repeat this each day. After you have created a new movement phrase, link your new phrase to the dance you made the day before.
- / At the end of seven days you'll have a whole dance describing the weather that week. Find a piece of music that you think suits your movement and practise your dance with it.