

# ONLINE PORTAL

## CREATIVE TASK 5

### INSPIRATIONAL OBJECTS DANCE

Items needed for this task:

- Pen
- Paper
- Three objects (*For example: squishy ball, toilet roll, fruit bowl, hanger, towel, a plant*)

### Step One – Choose Your Objects

Find three different objects in your house or the environment around you. If the object doesn't belong to you, please ask permission to use it and be safe and sensible. Once you have chosen your three objects, lay them out clearly in front of you.

If you are struggling for ideas, you can take inspiration from some of our suggestions above.

The objects we have chosen are:

- Toilet Roll
- Tennis Ball
- House Plant

### Step Two – Describe It

Make a list of words on your piece of paper describing the three objects you have chosen. You should think about the following:

- Shape
- Size
- Texture
- Qualities
- Can the shape be changed? How might it move? (e.g. a toilet roll can be ravelled and unravelled)
- Purpose/Use

## Step Three – Develop Movement

Looking at your list, select 2 of your favourite words for each object. You should end up with 6 words in total. (Here is an example of our two words for each of our objects):

Toilet Roll

- Soft
- Unravel



Tennis Ball

- Round
- Bouncy



House Plant

- Spikey
- Dry



Now create movement for each of your words. Anything you choose is right, but it is important to challenge yourself and of course have fun!

This should leave you with 6 movements based on your 3 objects.

## Step Four – Link your movement together

If you haven't already, it's time to link these 6 movements together.

You can do this however you want, be creative and find the most natural way to fit your moves together.

If you're struggling, try using movements such as jumps and spins to link one movement to another. You can also use our *Word Bank* for inspiration.

## Step Five – Perform and Share

Put on some music and share your "Inspirational Objects Dance" with somebody in the house. Get them to record it and send it to us at Ascension Dance. We would love to see what you come up with.

