

ONLINE PORTAL

CREATIVE TASK 7

4 ELEMENTS DANCE

Items needed for this task:

- Pen (optional)
- Paper (optional)
- Your imagination

Step One – Choose your Element

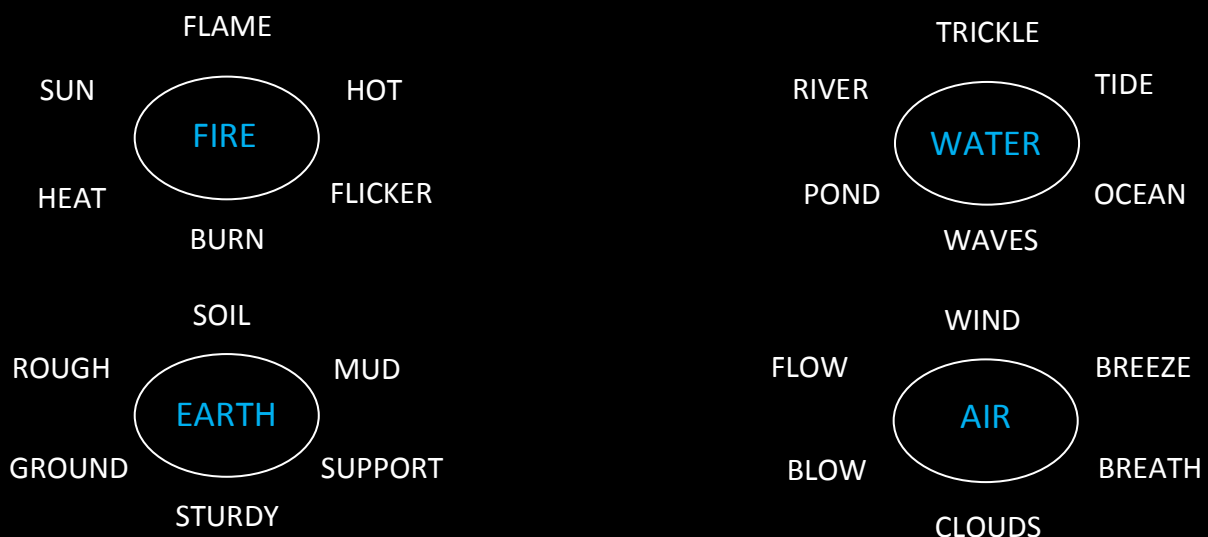
The first thing you need to do is choose from one of the following 4 Elements – Fire, Water, Air, Earth. Each element plays a key part in forming the world we live in and has a number of different properties.

If you are struggling, choose one at random, you can always come back and try a different element another time. If you think you might forget, write your element down on a piece of paper.

Now use your imagination to picture that element in your mind.

For example: If you have chosen Water, maybe you are thinking about the ocean or a pond, it could be a puddle or a waterfall. If Fire, it could be a flame or a forest fire, it could be a spark or the feeling of sun.

Use the words below to help you paint a picture of your element.



Write down what you are thinking about and a list of words that help you to describe your chosen element.

Step Two – Think of a Movement

Using the images and words you have written down, it's now time to create movement with them. Explore what it would be like to move your hands like *Fire* or pass your leg through the *Air*. Ask yourself questions about your element to help you make decisions such as:

- Does it move slowly or very fast?
- Is it large or small?
- Is it hard or soft?
- Is it explosive or oozy?

Once you have played with different body parts moving like your elements, see if you can come up with 5 moves inspired by your element.

Try to vary the size of your movements, you might move just a finger in one movement and then move your whole body in the next.

Step Three – Create an order

Now it's time to put your 5 movements into an order. How do they easily link together to make one whole phrase?

For example: If one of your moves ends on the floor, do you have another movement that starts on the floor to link it together?

Experiment with what feels the most comfortable and in line with your elements.

Step Four – Adding Texture

Now you know your Element phrase and have them in a set order, we would like you to add in each of the following:

- A 5 second pause
- Repetition of a movement
- Perform a movement backwards.

These can happen at any point in your phrase. It could be the beginning, the middle or the end. This should add variety to your dance.

Once you are happy, practice, practice, practice. Keep going through your 5-move sequence until you remember it.

Step Five – Perform and Share

Put on some music and share your “Elements Dance” with somebody in the house. Get them to record it and see if they can guess which element you choose. Feel free to send the footage to us at Ascension Dance, we would love to see what you come up with.

