

ONLINE PORTAL

CREATIVE TASK 2

IMAGE DANCE

Items needed for this task:

- Pen
- Paper
- Images

Step One – Choose your image

The first thing you need to do for this task, is find an image that you find interesting and feel inspired by. This could be a photograph, painting, or a drawing.

Step Two – What do you see?

Once you have your image, take a few minutes to have a really close look at it and make a list of what you see in the image.

- Shapes
- Positions
- Elements
- How it might move (e.g. bike – wheels spin)
- Size

Step Three – Develop Movement

Look at your list and select 4 of your favourite words.

For example:

- *Reaching (girl reaching for balloon)*
- *Heart (shape)*
- *Alone (feeling)*
- *High (balloon going high)*



Now think of a movement for each of your 4 words. Try to think outside the box and not pick the first or easiest movement that comes to your head. Remember, whatever you choose is right.

Step Four – Practice and Develop

Once you have your 4 movements, it is time to be more creative and start linking the moves together. Have a go at performing each movement one after another. You can adapt the movement to find the flow and take us, the audience, on a journey through your image. A picture can speak a thousand words and so does your movement.

Step Five – Perform and Share

Put on some music and share your “Image Dance” task 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.

