

TIPS & TRICKS

Here is a selection of our **top tips** that we have discovered during Project SOAR and have helped us along the way. If you're struggling to know where to start, please read below to help you begin your identity passport and creative gestural movement. You got this!

- *Take your time. Start with a foundation and then add to this base over time.*
- *When creating your own movement, everything you do is right! It is all about you and just enjoying getting creative.*
- *If you're making movement from an object, think about shapes, colours, size, texture, purpose.*
- *If you're making movement from a sport, think about actions, motion, speed, dynamic, props.*
- *Take inspiration from others and be inspired by movement you see elsewhere.*
- *Don't try and make it what you think other people want to see... be yourself and find your own journey!*
- *Movements don't need an exact meaning, give it space and time and then come back to it and find the meaning later.*
- *Develop your movements over a period of time.*
- *If the movement resonates with you, then that's great - it doesn't matter if people don't see the connections between your movement and identity words.*
- *Make sure you do what you're comfortable with and suits your body.*
- *Go with the flow.*
- *Don't compare yourself to others.*
- *Most importantly, have fun with it!*

Music used: 'Cirrus' by Bonobo
(We don't own to rights to this music, it is for performance purposes only)

Feel free to return any material to lexy@ascensiondance.co.uk (or via WeTransfer) to share your responses. We look forward to finding out all about you!