

APRIL 2021

A NEW SEASON, SOME POSITIVE CHANGE AND A CHANCE TO BEGIN TO RECONNECT - WITH OUR FAMILY AND FRIENDS, OUR PREVIOUS SOCIAL SELVES, OUR WORK SPACES, THE THINGS THAT WE ENJOY.

TAKE TIME THIS MONTH TO EXPLORE CONNECTION - FOCUSING ON COMMUNICATION AND INTERACTION, IN A SAFE BUT EXCITING WAY.

Reflections for Artists

What has been missing from your connections with participants/audiences/collaborators? Physical presence, physical contact, lack of ability to be present when navigating technology, time to develop connections?

What are your go-to methods of developing connection?

Reflect on your various methods and needs for communication with those involved in your work. What is natural, what takes time, what is essential, what isn't, what is valuable, what isn't?

Invitations for Participants

Communicating in person - for those lucky enough to now connect with participants in person, take a moment to connect solely through eye contact. Set a series of challenges all led by making eye contact with a partner across the space: move at the same speed as someone else, copy someone else, move close, move far, form a group of 4. Between each challenge, reset and make eye contact with everyone in the space before choosing a new partner/s.

Tell the story of the music - start simply with clapping. One person claps a short rhythm, everyone copies, the next person adds on, everyone copies from the start (similar to the shopping list game). Next, invite participants to listen to a piece of music (the more varied and layered the better) and create a clapping/stamping/tapping rhythm that matches a certain aspect of the music (for more experienced or older groups, encourage them to pick something specific and detailed, i.e. one instrument). Now, pass round the room/circle one at a time performing their rhythm. You can then repeat, accumulating one person at a time (performing their own rhythm) or accumulating the rhythms themselves, adding them all together!

Inspiration for creating, planning and moving

We have spent a long time connecting to our new dance environments in the home, this month we invite you to expand on this and explore in more depth to find new movement material and thematic ideas:

Explore what connection looks like when not physically connected with another person in the space. Through eye contact, contrast, consideration of the body in space? How could this be taken further? How could two people develop a new connection in performance? What does 'meeting' look like in a non-contact age?

Explore connection to and with environment. Take time to understand your surroundings; the usual considerations of the physical space, the architecture, the built space and objects but also explore the sensorial experience of that space. What does it feel like? What does the sense of/lack of/overwhelm of the space do to your connection to the environment? Where is your eye drawn? What does it smell like? What is the impact on the light, or lack of, on your vision in the space?

