

PREPARING FOR DANCE

Created by Natasha Hutchins and iNc Monnin at www.prodivame.com

We know that great writing comes from strong feelings and/or personal experiences. So we can apply this knowledge to dance too. To prepare for dance you need to create a “bank” of your own starting points or things such as music, writing or visual art that inspire you.

To learn more about your personal experiences, you will think of **topics** in your life that are important to you and list them down. As this list is personal, only include what you feel comfortable sharing at school.

To find what makes you have strong feelings, you need to work with your family to look for **music** as well as **visual art, writing and other things** that inspire you. What ever you choose needs to be appropriate for school.

Finding what is important to you in your life to use as a dancer.

What do I love?	What do I dislike/hate?	What is important to me?	What isn't important to me?
What makes me feel safe?	What scares me?	What do I find kind?	What do I find cruel?
Where do I belong?	Where am I not welcome?	What do I have a connection with?	What don't I connect with?
_____? _____?	_____? _____?	_____? _____?	_____? _____?

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Finding music and other works of art to use as a dancer that are appropriate for you and are of interest to you.

	MUSIC INSPIRATION Instrumental / Song with Lyrics	OTHER INSPIRATION Writing / Visual Art / Other
What piece makes you feel bright?	Title: Artist:	Title: Author/Artist: Place a sample here.
What piece makes you feel sombre?	Title: Artist:	Title: Author/Artist: Place a sample here.
What piece makes you feel _____ ?	Title: Artist:	Title: Author/Artist: Place a sample here.
What piece makes you move fast?	Title: Artist:	Title: Author/Artist: Place a sample here.
What piece makes you move slow?	Title: Artist:	Title: Author/Artist: Place a sample here.
What piece makes you move _____ ?	Title: Artist:	Title: Author/Artist: Place a sample here.
What piece has an important message for you?	Title: Artist:	Title: Author/Artist: Place a sample here.
What piece is from your own culture(s)?	Title: Artist:	Title: Author/Artist: Place a sample here.