



MOVING THROUGH COLOUR

Responses for Continued Creativity in the Classroom

At the end of each episode, participants are invited to keep creating and make a response to the session. Here are the responses suggested in the episodes.

Episode 1: Red

One

Dress up in anything red or surround yourself with all the red things you can find and keep practicing the dance you've just learnt.

Two

Create your own movement phrase!

Inspired by today's imagery of drumsticks, hammers, the powerful trees of the takayna/Tarkine, or water of the Bass Strait, create a short phrase moving through anger into power.

Three

Draw a response! Inspired by the emotions we discussed, and the objects and places mentioned in today's session, fill a page with pictures, imagined or real.

Episode 2: Green

One

Find a location outdoors and practice the dance surrounded by nature and more space to move!

Two

Create your own movement phrase!

Begin in a balancing pose, then connect this to your own movement that expands and contracts upwards, downwards and side to side, and finish in a different balancing pose.

Three

Draw a response! Imagine it's the year 2040. Draw yourself as you've grown into the future and imagine what surrounds you then.

Episode 3: Blue

One

Find a location that makes you feel calm and record yourself doing the phrase there.

Two

Create your own movement phrase!

Using wild circles and calm ripples, create a phrase that travels from one side of a space to the other.

Three

Draw a picture of the places, objects, stories or people that make you feel calm, sad, or help to ignite your imagination! You might choose to focus on one thing or draw everything!

Episode 4: Yellow

One

Collect any objects or things around you that bring you joy. Build a structure or scene with these objects, then take a photo of your creation and send it in!

Two

Using the contrasting movement qualities of popping popcorn and warm, gooey honey, create a short phrase that starts down low, travels forward in space, and finishes up high. Can you add in one moment of repetition?

Three

Draw a picture! Reflecting on any of the episodes of Moving Through Colour that you've participated in, draw a picture representing the moments that brought you joy!