

#CONCERTSFORKIDS

Activity Guide



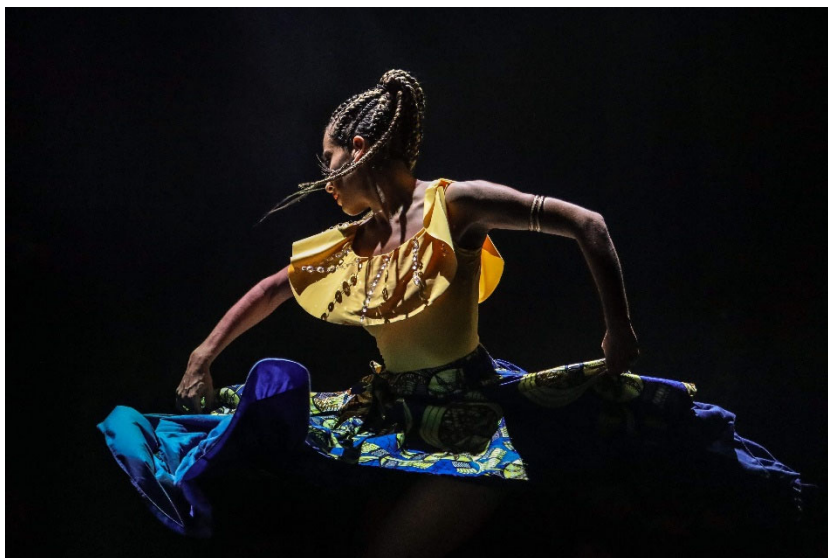
Photo by Mitch D. Wilson

CONTRA-TIEMPO

CONTRA-TIEMPO's piece "joyUS justUS" explores resistance through joy. Let's use some movement and rhythm to warm up and think about the theme of this piece.

Joyful Poses

How does it feel to be joyful? Let's express joy with our bodies.



STEP 1

Pick a pose of joy and celebration. Freeze in your pose of joy for three seconds!

Pick another pose. Why does this pose feel joyful? Freeze in your pose for three seconds.

Pick a third pose that expresses joy and freeze for three seconds.



STEP 2

Pick one of your three joyful poses.

Now, create a movement that uses or ends in your pose of joy or celebration.

For example, if your pose is standing on your tiptoes with your arms above your head, your movement could start from a crouch as you rise up and stretch your arms over your head until you are on your tiptoes. Another idea is doing a small jump and landing on your tiptoes with your arms above your head.

Play with different motions that use your pose until you find one that feels good or fun to do!



STEP 3

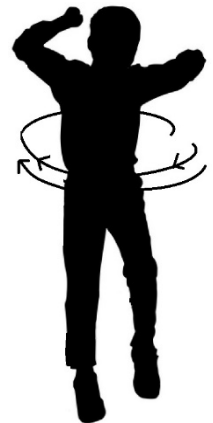
Pick another joyful pose. This is your second pose.

This time, start with your first joyful movement and pose that you just created. When you have finished your motion, transition into the second pose. Think about how you would move from one pose to another.

Now make that movement bigger. How big can you make your motions?

Practice your two motions with the joyful poses.

You've created choreography!



BONUS STEP:

Show your choreography to a friend or family member and ask them to guess what emotion you are expressing.

If they need a hint, just show the poses you created without the motions.

Signature Movement

Find a movement that expresses who you are.

This can be done with friends or family. You can do it in person or over a video call.

STEP 1

Each person will create a motion that represents who they are.

Here are some ideas to get started:

What do you like to do? Pick a motion that shows that.

What personality trait do you like about yourself? Are you kind, smart, funny, brave? Pick a motion that shows that.

Pick one of your joyful poses and try different motions with it until you like the move you are making.

You can use one of these motions or combine them into a more complicated motion!

You can also use facial expressions.



STEP 2

Using your motion, introduce yourself to your friends or family.

Say your name and then do your motion.

The other person will say their name and do their motion back.

STEP 3

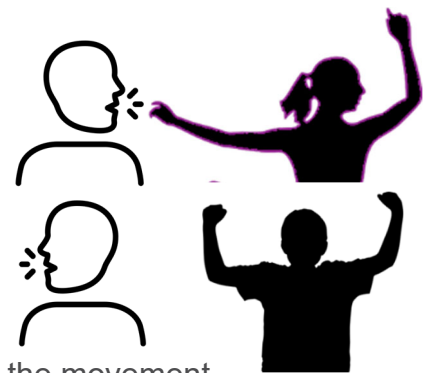
One person will do their movement and the other person will copy the movement.

Now switch, so each person does the other person's movement.

BONUS STEP:

If you can gather more than one other person, make a game out of it.

One person will start. Person A will turn to one person they want to "send" their movement to and do their movement. Person B will copy the movement.



Person B can then turn to a different person and do their own movement. Person C will copy Person B's movement. Then Person C will choose someone to "send" their movement to.

Keep on going around. See how fast you can go!

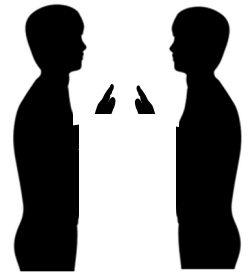
Step Mirroring

This can be done with a partner.

One person will lead and the other person will follow. Pick who is leading and who is following.

The leader will take one step in any direction: left, right, forward, back.

The follower will take one step in the same direction. If the leader steps back, the follower steps forward. If the leader steps forward, the follower steps back. If the leader steps right, the follower steps right and if the leader steps left, the follower steps left.



Have the leader take one step at a time slowly so the follower can do it along with them.

Try to do it at the same time!

Now swap roles!

Dance Party

It's a time for a dance party!



Play "La Bamba Rebelde" from the album "It's Time" by Las Cafeteras, a group from East Los Angeles that fuses styles, Afro-Mexican rhythms and sounds. They also provide music for the piece "joyUS justUS". <https://lascafeteras.bandcamp.com/track/la-bamba-rebelde>. This song is a great encapsulation of protest through joy and celebration.

Las Cafeteras provide the lyrics to all their songs. Look up the lyrics to it at: <https://lascafeteras.com/lyrics/>.



If there are other people around, grab them to join the dance party!

Try to include your joyful poses and movements. Try to include your movement of self-expression.



Discussion Questions

How does it feel to dance together?

How does it feel to express yourself via dance?

What motions made you feel joyful? Why?

How can resistance be joyful?

What did your motion express about you?

What did you learn about others from their motion?

What does it take to be a leader? What does it take to be a follower?

After watching CONTRA-TIEMPO, what do you want to know more about?