



## Rapunzel – Creative Tasks

Before beginning our Creative Tasks please ensure you are in a clear space with plenty of room to move.

If you haven't participated in any of our videos before, please read through our tips for working safely below. If you have already read these, you can skip straight to page 2 to see our Exercise Breakdown with useful tips!

### SAFE PRACTICE

#### BEFORE YOU BEGIN – CHECK LIST

##### ***Are you dancing safely?***

Don't do anything that hurts or feels uncomfortable!

If the movement from our videos hurts or feels uncomfortable – change it! You can always adapt or change the movement, so it feels comfortable for your body.

##### ***Are you injured?***

If you are injured, we suggest you don't take part in these videos, or make sure you are able to adapt the material safely.

If you do hurt or injure your body – rest and seek medical advice.

##### ***Is your space safe?***

Make sure you are in a clear space with lots of room to dance around, especially if you are dancing with other people.

#### THINGS TO CHECK:

***Are there any objects on the floor that you could stand on or trip over?***

***Are there any things in the space that you could break?***

##### ***Anything else?***

We suggest wearing comfortable clothing that you can move easily in and bare feet.

Make sure you're not wearing anything slippery on your feet!

Go at your own pace – you can stop and start the videos at any time, and go back if you missed any instructions or moves. We suggest you watch each video once before joining in so that you know what to expect.

**Have fun dancing!**

## Task Instructions

First lay down your Rapunzel plait, or a long scarf, some string or anything that makes a long line.

Watch each video one at a time, learn about a Rapunzel character and then, using your whole body, transform yourself into that character.

To the music provided, travel up and down your line as your new character. Be playful and have fun!

## Character Description Witch

Lonely and shunned by everyone, the Witch longs to have a child of her own. She has long and twisty fingers that cast spells. She is powerful, frightening and in control, her long limbs contort around each other, making angular and spikey shapes.





## Cool Down

After dancing we recommend that you give yourself time to cool down. You can either follow one of our cool down videos or do your own stretches.

