

ANTI-BULLYING AMBASSADORS CREATE:

CHOREOGRAPHY



Department
for Education

Stories are powerful. They can be told through words as well as physically, using our bodies.

With that in mind, here is a simple five-step process to help you create your own powerful anti-bullying dance choreography or movement sequence. Make sure you have a large, obstacle-free space to move around in and are wearing comfortable, loose-fitting clothing.

1. Working on your own or in a small group, find five images that you associate with the experience of bullying behaviour. You can run an image search on Google or look through magazines or newspapers. **For example:**



“We dance for laughter, we dance for tears, we dance for madness, we dance for fears, we dance for hopes, we dance for screams, we are the dancers, we create the dreams.”

- Albert Einstein

2. Next, spend some time copying and exploring the physicality (i.e. gestures and actions) in each of your images. How does each picture make you feel? Think about the impact that each gesture or action might have on someone, as well as the audience.
3. See where these movements take you. Is there an interesting way to transition from one movement to another? Does a story emerge?
4. Play some music and experiment with your sequence of movements. You could check out artists such as Mr Scruff, Bonobo and Röyksopp for backing track options. Try repetition, speeding up and slowing down. Are there moments where you can freeze and hold a pose?
5. Record your choreography piece so that you don't forget it. Keep practising until you all feel comfortable. You could hold a sharing in your school hall or theatre space with time for discussion and reflection afterwards.

Do share any videos or photos of your performance with us on social media by tagging @antibullyingpro, we'd love to see them!

We're proud to be the only charity set up in memory of Diana, Princess of Wales, and her belief that young people have the power to change the world. It's a big mission but there are two things within it that we focus our charity's efforts on – young people and change.

Throughout all of our programmes and initiatives, 'change' for and by young people is central, including our anti-bullying work which encourages change in attitudes and behaviours.

We hope you found this resource useful and wish you all the best in your anti-bullying journey. If you would like to help us create more resources and train even more Anti-Bullying Ambassadors, you can make a £5 donation by texting CHANGE 5 to 70470 or visit diana-award.org.uk/donate

Give us feedback on this resource:
<https://tinyurl.com/ab-feedback>

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