

Guidelines for Teachers

Curriculum Connections:

- Dance
- Writing
- Media Literacy
- Social Studies

Learning Goals:

- Recognizing and appreciating how dancers communicate through live performance and media
- Experiencing, responding to, and analyzing dance through reflective and critical writing
- Exploring the theme of community support as it is represented in *Arise*, and applying the theme to personal experience

Big Ideas:

- We can support our communities to overcome challenges together
- Performance and collective arts experiences foster important social connections
- Choreographers use the language of dance to connect people, and tell stories

Big Questions:

- How can we, in our own communities, support each other to overcome challenges in our own lives?
- How do choreographers use the elements of dance to tell stories and share emotion?
- What can we learn about each other and ourselves through collective artistic experiences?
- How can art be healing?
- How can media texts facilitate a collective arts experience when we are physically separated?

Getting Started:

- Assign the whole guide to your students as an extended project or pick and choose sections to assign at different times

Watch *Arise*: www.nbs-enb.ca/loveballet

Learn the 2020 NBS Sharing Dance Choreography, which has also been created by Jera Wolfe and is inspired by *Arise*:

<http://www.nbs-enb.ca/en/sharing-dance/bring-dance-into-your-home/all-ages>

Student Viewing Guide

Creating *Arise*:

For *Arise*, Jera came into the creative process with movement ideas that were inspired by the music, and put them to the students through workshops to see how they would work. Throughout the process, Jera collaborated with the young artists, sharing his vision and the movement ideas, and then allowed for interpretation from the dancers.

Engage with the Theme:

Arise, created by **Jera Wolfe** for Canada's National Ballet School (NBS), explores how collaboration and support for one another enables us to rise up and face challenges in our lives.

As Jera says, "There will always be challenges in life. I have realized that what defines me is not necessarily my failures or accomplishments, but how I rose to face them. We will all have great challenges to overcome in our own lives, everything from personal, political, to environmental. Only by collaborating, supporting and caring together will we be able to arise to face these challenges."

In the current reality, when almost every person on planet Earth is affected by COVID-19, Jera's message of community and collaboration has never been more poignant. He says, "It's times like this, when the unthinkable happens, that we need to stand together; we need to be united. It is the foundation of this support that is essential in times of uncertainty."

- What does Jera's message mean to you?
- Think about a challenge you have experienced or overcome. Why was it challenging? Where or to whom did you turn for support?
- Think about a time you helped someone face a challenge.

Watch *Arise*

Because this is a recorded performance, you can watch it once through to fully experience it, and then again to take notes using your graphic organizer.

Take Notes:

Use this graphic organizer to take notes before, during, and after watching the performance.

Before		
Title:		
Performance Date:		
Choreographer:	Composer:	Dancers:
Story/Theme (in your own words):		

During
<p>Fill in this checklist as you watch. Look for:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Dancers moving in unison <input type="checkbox"/> Dancers moving differently at the same time <input type="checkbox"/> Dancers moving quickly <input type="checkbox"/> Dancers moving slowly <input type="checkbox"/> Dancers changing formations <input type="checkbox"/> Dancers moving along a pathway <input type="checkbox"/> Smooth movement <input type="checkbox"/> Sharp movement <input type="checkbox"/> Circular shapes <input type="checkbox"/> Angular shapes

After		
	Draw	Write
A memorable moment:		
A dancer who stood out to me:		
Describe the costumes:		
Describe the music:		

Comprehension Questions:

After watching *Arise*, use your notes to answer the following questions.

1. What is the title of the piece? Do you think the title suits the piece? Explain your answer.
2. Who is the choreographer? How did the choreography make you feel?
3. Choose three adjectives to describe the music.
4. How many dancers are in the performance? What kind of a visual effect does that create?
5. How do the dancers use space, which is an element of dance?
6. How can dance media texts, like this video of *Arise*, connect people, especially when they are physically separated from each other?

Creative Activity:

After watching *Arise*, complete **one** of the following activities.

Activity 1:

Would you share this video of *Arise* with others? If so, who would you like to share it with? Write a letter to that person. Say why you chose to share it and why you think they would want to see it.

OR

Activity 2:

Use *Arise* as inspiration to create a one page media text that sends a supportive or hopeful message to your community. You can do this by hand or on the computer.

OR

Activity 3:

Use *Arise* as inspiration to create a thank you message for someone who has helped you overcome a challenge? You can use any form of artistic expression to offer the message.

Journal:

After watching *Arise*, write responses to the following questions.

1. How did you feel watching *Arise*?
2. Did watching the choreography bring up any memories for you? Why do you think that memory came up?
3. Have you ever been part of a performance? What kind of a performance was it?
4. How can art be healing? How can art help people?
5. How could Jera's message in *Arise* apply to your own community?