

## Guidelines for Teachers

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### 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](http://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

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## 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."

Before watching *Arise*, take a moment to reflect on Jera's statement. Read and think about the following statements.

- 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.*

## Graphic Organizer for Note-Taking:

*Use the following graphic organizer to take notes before, during, and after watching *Arise*.*

|                                  |           |          |
|----------------------------------|-----------|----------|
| <b>Before</b>                    |           |          |
| Title:                           |           |          |
| Performance Date:                |           |          |
| Choreographer:                   | Composer: | Dancers: |
| Describe the cast of performers: |           |          |
| Story/Theme (in your own words): |           |          |

| <b>During</b>   |              |               |             |                     |
|---|--------------|---------------|-------------|---------------------|
| Elements of Dance:<br>While you are watching, describe one example of each element of dance applied in <i>Arise</i> . |              |               |             |                     |
| <b>Time</b>   | <b>Space</b> | <b>Energy</b> | <b>Body</b> | <b>Relationship</b> |
|   |              |               |             |                     |

| <b>After</b>                  |  |
|-------------------------------|--|
| A memorable moment:           |  |
| A dancer who stood out to me: |  |
| Something I liked:            |  |
| Something I felt was missing: |  |

|  |  |
|--|--|
| <p>Three images that stick with me:</p>                    | <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol> |
| <p>Describe the design:</p>                                | <p><b>Costumes:</b></p> <p><b>Lighting:</b></p> <p><b>Music:</b></p>         |
| <p>Three examples of of the theme in the choreography:</p> | <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol> |

**Short Answer Questions:**

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

1. How does the title fit the piece? Use specific examples from the choreography to support your response.
2. How many dancers are in the performance? What kind of an effect does that create?
3. What is the mood of the piece? How do the music, costume, and lighting contribute to the mood?
4. Choose one of the elements of dance (time, space, energy, body, relationship), and describe the use of that element in *Arise*. Give at least 3 examples.
5. Why do you think that student performances are important for learning? Use examples of student performances you have been a part of and/or have seen. How would you describe the experience?
6. You watched this piece as a recorded video. What do you think would be different about watching this piece live?
7. How can artists collaborate to help people in their communities overcome challenges?
8. How can dance media texts, like this video of *Arise*, connect people who are physically separated?



**Journal:**

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

1. How did you feel watching *Arise*? What emotions did the performance evoke?
2. Did watching the choreography bring up any memories for you? Why do you think that memory came up?
3. Did you feel a personal connection to this piece? Why or why not?
4. How can arts experiences be healing?
5. How could Jera's message apply to your own community?
6. When you were watching the piece, did you think of anything else (a person/people in your community, a memory, a place, an experience, a book, a movie, a song etc.)? Why do you think that came to mind?