

AM I DREAMING?

Director and Choreographer Jem Treays
Composer Antony Lamb
Designer Saz Moir

Performers
Deborah Light
Beth Powlesland
Lara Ward

Stage Manager / Lighting Ceri Nicholls
Creative Resources Glenys Evans

**Theatr
Iolo**

www.theatriolo.com info@theatriolo.com

NOTES FOR TEACHERS TO USE WITH THE POWER POINT PRESENTATION

EXPLORING:

- Creativity, the dancers creative process
- Sleeping and Dreaming
- Light and Dark
- Kitsune, Japanese folklore
- Making up a Ghost Story
- The Sound

INSTRUCTIONS :

- READ AND EXPLORE POINT 1 FROM THESE NOTES WITH THE CHILDREN
- THEN SHOW POWER POINT 1
- CONTINUE WITH EACH POINT IN TURN



POINT 1

AM I DREAMING? ... is a dance ...Theatr Iolo would like to share with you how it was created. The dancers played with ideas about being awake and being asleep. They imagined a young girl facing fearful thoughts and feelings and having to find courage. They talked about you, their audience. They wondered if you would like their dance, be scared by the sounds and want to know what would happen to the girl in their story.



POINT 2

The dancers wondered if you ever think about what happens when you are asleep. Do you? What do you think happens to you when you sleep and dream? What do you think happens to you in the time between waking and sleeping? DO YOU EVER THINK ABOUT WHAT HAPPENS WHEN YOU ARE ASLEEP?

Theatr Iolo asked some children in Infant school, much younger than you, for their opinions. Here are our questions and their answers.

What happens to your body when you are asleep?

My body goes to sleep, I grow, my nails grow, my hair grows.
My body repairs while I am asleep.
The power goes down in my body, my heart goes slower.

Do you have any beliefs about sleep?

Yes, I believe if I eat cheese I'll have nightmares.
The Sandman comes. The Sleepy comes. Tooth fairy comes. Father Christmas comes.
When I am asleep I listen to someone inside my computer. Is it my Dad?

What happens in your mind when you are asleep?

I dream and it's a thought when I am asleep. It's when pictures come from nowhere.
I think it's all real but I can't do it, it's in my head. My eyes are closed so I can't see it.
It can be what I want to do in my life. I dream what I watch on TV good or bad.

What do you do before you dream?

I brush my teeth. I wash. I fall asleep with TV, DVD, or my Playstation.
I cuddle my teddy. I suck my thumb. I cuddle, cuddly vesty.

Before you go to sleep what do you hear?

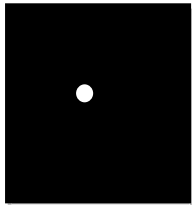
'Goodnight 'Sleep tight' 'Don't let the bugs bite'. 'Don't let the dinosaurs bite.'
'I love you more than all the flowers in the garden'

POINT 3



The dancers imagined a girl who is in a room and can't get out. They saw a bed and a doll, and asked themselves: who do they belong to? They called the girl, Lucy. She could dance into the room, but once inside, the way out had disappeared! She could hear something: what could she hear? Is something there with her in the room? Or is it a trick of the light? Where have her shoes gone and is she awake now, or is she asleep? She asks herself: am I dreaming? Asking questions is a very important part of a creative process. The dancers began to create their dance by asking questions.

POINT 4



THE DANCERS EXPLORED THE LIGHT AND THE DARK

The dancers thought about how light and dark affects us all. They thought about the shadows in Lucy's room.

Can you see light with your eyes closed? What happens when you keep your eyes shut and pass your hands in front of your eyes. Look at a window then close your eyes, what happens? Can you sleep with open eyes? Have you ever tried to run with closed eyes? Have you tried to touch your shadow?

POINT 5

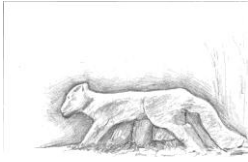


Shakespeare wrote about light and dark.

'*Earth treading stars that make **dark** heaven **light**.*' (Romeo and Juliet)
Try saying his words out aloud, then whisper them and see how you can bring wonder or fear into your voice.

Our language is full of words about light and dark, try saying these...

light dark white blind bright illuminated
light bulbs sunshine luminous dark beam
shine glow lamps black spotlights
impenetrable stars hidden clear torches dense
candles lights on lights off night time daylight



POINT 6

ARE YOU SCARED OF THE DARK? DO YOU FEAR IT?

Some people are scared of the dark. They welcome the light, do you? What are they scared of when the light goes out? The dancers asked some children your age: what would make a good ghost story? One ten year old didn't want to see 'stupid' ghosts with sheets over their heads! He said a ghost story had to have walking through walls, it had to be really frightening and the ghosts had to be defeated. What do you think makes a good ghost story? If you make up a ghost story could you send it to the dancers at Theatr Iolo? They like a scary story.

The dancers found out about ghost stories from another culture - from Japan. They want you to know about the Kitsune, the Japanese Spirit Fox, because they used the idea of the fox spirit in their dance. 'Kitsu' is the noise the fox makes. 'Ne' means sound. In Japanese the name Kitsune is onomatopoeic for the sound that the fox makes.

In Ancient Japan, people and foxes lived closely together. Fox folktales grew to explain many things in life that people just could not explain at that time. Kitsune the fox came to be seen as a messenger for the spirits with special magical powers over people.

If you lived in those far away days in Japan, you may have believed Kitsune could magically enter your dreams. The Spirit Fox can enter through the finger nails of a young girl - her face becomes foxy - her voice like that of a barking fox. The Spirits could play tricks such as pulling pillows from under sleepy heads, or dropping chopsticks from the ceiling during the night, or placing freezing hands on your face as you slept!

Kitsune are slit-eyed, aloof, alert, bold, inquisitive, agile and stealthy Fox Spirits. They have tails and mouths that make fire. They can bend time or space and drive people mad with their tricks. The word 'transform' means to change. They can transform into something else, such as a beautiful woman, a mighty tree or a second moon in the sky. They can even change into a lump that slides around under the skin when you touch it.



POINT 7

THEN THE DANCERS LEARNED TO DANCE LIKE KITSUNE FOXES

Had the dancers ever seen a real live fox? Have you? They gathered around the computer and looked at real foxes on YouTube. They saw that real foxes are loners that forage for food and slip into the shadows. Their hearing is acute, they listen and pounce. They had to observe the fox movements so as to create their own.



POINT 8

They looked at the fox's four legs. Dancers have two legs. How could they use their arms and be upright? They taped rulers to their arms to stop their wrists moving, so that their elbows became their wrists. They then improvised movement ideas. They watched each move and helped each other make it more true to how fox legs move.

Could you try the same thing?



POINT 9

COULD YOU CREATE AN ANIMAL SPIRIT?

Can you make up an animal spirit that can transform itself? What tricks can it play on humans? Can it turn milk sour ... make keys melt ... steal slippers ... change into a human being ... sing? What can your animal spirit do?

How would you move like your animal spirit? Can you transform from animal to human?



POINT 10

COULD YOU CREATE AN ANIMAL SPIRIT?

What can your animal spirit do? Animal spirits in Japanese folklore are similar to our folktale ideas about fairies.

How would you move like your animal spirit? Can you transform from animal to a human?

If you do create a story, a poem, a drawing or a dance, please show the dancers at Theatr Iolo. They like a scary story too. You can contact Theatr Iolo through our website www.theatriolo.com and email us.



POINT 11

HOW ARE THE SOUNDS MADE FOR THE DANCERS TO DANCE TO?

The sounds created for the dance Am I Dreaming were made especially for the dancers.

The composer listened to the sounds in the rehearsal room. He listened to the sound of the springs on the bed ... the sound of the dancers breathing ... the dancers laughing and talking ... their feet on the floor. He then recorded these sounds to get live samples to use for his composition. New sounds and rhythms were created from these recordings on his computer, and pieces were created with music sequencing software. He then recorded live instruments ... such as guitar ... bass ... Japanese flute ... koto ... bringing together the final score used by the dancers in Am I Dreaming?