



THE TUNING SCORE

Number of players: 2+

Space: Any space

Materials needed: Music

Procedure:

Sitting in a circle, participants are to choose one of the following three activities:

1. Listen
2. Introduce a sound
3. Copy a sound heard from another participant

Begin the piece of music with thirty seconds of silence [Listening]. Begin sounding. All sounds are to be produced with the voice and/or mouth for the length of a breath – at any pitch, timbre, volume, etc. Participants are to move through any of the three options freely and independently. The piece is over when the participants collectively feel the ending [a teacher or facilitator can stop the piece if desired].

Further Activities:

- This exercise is great to introduce vowel sounds. For instance, have the participants use vowel sounds when sounding [a, e, i, o, u, y].
- Have the participants make different configurations in space. For instance, explore how it feels and sounds when sitting in a line, or in a star, or in a circle [take turns standing in the center of the circle!].

Source: Inspired by Pauline Oliveros