**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 \( \text{a, e, i, o, u, y} \).
- 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