

UNREGULAR SCORE

Any form of represented text can be used as a *score* for oral performance

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Score for inside-outside

1. Draw a large spiral on the floor
2. Walk to the centre, slowly, concentrated in your inside, breath deep, feel your body
3. At the centre, meditate rolled as a ball, listening to your breath, no thinking
4. When ready. Start walking out following the spiral. Feel the environment. Open to the world. Breath out. At the end you shout loud, telling I'm ready

SCORE for POETIC SOUNDS

1. Seat down in a circle
2. Close your eyes
3. Breath deep
4. The facilitator starts the tape recorder
5. The facilitator starts with a poetic sound
6. He touches slightly to the person to his left
7. Now he declaims a poetic sound
8. And so on until all have participated.
9. End by listening to the taped sounds

ONOMATOPOEIAS POETRY

1. Sit out in a circle
2. Think of the sound associated to an animal
3. The facilitator starts the tape recorder
4. The facilitator gives the first sound
5. The one to the left continues
6. And so on until all have participated
7. End by listening to the taped sounds