

# once upon a PLANET

**Session Date/Time: July 29th 2022**

[Main Slideshow](#)

[Opening Slideshow](#)

[Institute Playlist Main](#)

Time / Facilitator	Activity	Tech/Materials
5 mins	<p>Listening warm up (turn off the AC!)</p> <ul style="list-style-type: none"> <li>- Listen to your breathing (30 secs)</li> <li>- Listen to your surroundings</li> <li>- Listen to the whole space</li> <li>- Listen the farthest sound you can</li> <li>- Listen to the whole space</li> <li>- Listen to your surroundings</li> <li>- Listen to your breathing (30 secs)</li> </ul>	
10 mins	<p>Exploring the space with the hands/feet Ancestral music</p> <p style="text-align: center;">- Ago - Ame - - Hello I'm here - You are welcome to come in - <b>Ghana</b></p> <ul style="list-style-type: none"> <li>- Observe the space where we are.</li> <li>- Walk around and listen to the sound of your steps. How it's sound changes if you step harder, faster or you drag your feet.</li> <li>- Look at all the objects. Explore their sounds with your hands. Use your palm, your fist. Can you move or shake them</li> <li>- Remember the sounds you like the most</li> </ul>	
10 mins	<p>The idea of "ancestral music" Exploring the space with sticks and stones</p> <ul style="list-style-type: none"> <li>- Now, let's explore the space with a stick. What sounds can you find? Try hitting or scratching the objects and surfaces.</li> <li>- Now take 2 stones. What sounds can they make together?</li> <li>- Explore the space with them. Be careful not to damage anything in the space! Careful with the</li> </ul>	- 1 stick and 2 stones for each participant

	<p>white walls!</p> <ul style="list-style-type: none"> <li>- Remember the sounds you like the most</li> </ul>	
20 mins	<p>Conducted Sound Symphony using sound from the space. Participants are all over the space, but not too far so they can watch the conductor.</p> <p>2 groups: one in the patio, 1 in the garden.</p> <ul style="list-style-type: none"> <li>- Fist - use stones</li> <li>- 1 fingers pointing up - sticks</li> <li>- Palm - hands or feet</li> <li>- Closing fists - silence</li> </ul> <p>Free Sound Symphony Participants play the Sound Symphony without conductor</p>	
10 mins	<p>Playing Rock Piece by Pauline Oliveros</p> <ul style="list-style-type: none"> <li>- Reading of the score</li> <li>- 5 mins performance: Everybody is dispersed in the space (kitchen, back room, etc) and slowly everybody will be gathered in the center of the room and each one will stop in it's own time.</li> </ul>	
20 mins	<p>Creating the language of your planet. (Where are we coming from?) (Planet Turbulax)</p> <ul style="list-style-type: none"> <li>- Option one: To create the syllables of your words, use 2 or 3 consonants of your planet's name. Look for the consonants that give character to your planet's name. Play with any vowel plus those consonants. Think of 1 to 4 syllable words. Ex. Rax Tir Ritot Turutex Tuxerita</li> <li>- Combine the syllables freely, and say them as you are really having a conversation with your partners.</li> <li>- Option two: Use two sounds from your planet and play with them by combining their length. Use repetition. (R2D2) Tsk Rrrr (tongue click)</li> <li>- Can you invent the sound of an animal from your planet?</li> <li>- Combine these sounds as you did with the</li> </ul>	

	<p>syllables</p> <ul style="list-style-type: none"> <li>- Conducted Sound symphony were the participants create imaginary conversations or solos or one says a ‘word’ and everybody repeats it (rhythm)</li> <li>- pointing 2 people: they start a conversation</li> <li>- Pointing one person and pointing ear: the person says a word, everybody repeats it OR</li> <li>- One person proposes a word, then we play with that word</li> </ul> <p>Making textures with the words. Concept of a chorus. Listen how the textures change.</p> <ul style="list-style-type: none"> <li>- Draw: Long - short</li> <li>- Humor: High - low (hand up, hand down)</li> <li>- Listening/Escuchar: Normal voice -Whispering (Point mouth, moving fingers next to mouth)</li> </ul> <p>Small conducted Sound Symphony</p>	
<p>Kurt 20 mins</p>	<p><b>Performance Groups</b></p> <ul style="list-style-type: none"> <li>- Place room into groups of 4-5 participants</li> <li>- In groups share planets and myths.</li> <li>- Choose <b>ONE</b> to bring to performance for the larger group.</li> </ul>	
<p>20 mins Darío</p>	<p><b>Words and sound final piece</b></p> <p>Use the sticks and the stones and your planet’s “language” as sound sources to create a sound introduction to your text: Your planet’s music. Through your reading, either use only rock sounds or don’t add any sound at all.</p> <ul style="list-style-type: none"> <li>- You can all play the same sound. You can play 2 or 3 sounds at the same time. A sound can respond to other. Layers, question/answer, unison rhythms.</li> <li>- Silence is also important. Makes the music to breath, gives it space.</li> </ul> <p><b>Performance Instructions</b></p> <p>Use the sticks and the stones and your planet’s “language” as sound sources to create a sound introduction to your myth: Your planet’s music.</p> <p>Make your introduction short, around 20 to 40 secs. Do not perform any movement, just sounds and text. End your piece with the narrator reading the opening of their myth.</p>	
	<p><b>Lunch</b></p>	

<p>12:45-2:00</p>	<p><b>Rehearse</b></p> <p><b>Mythic Performances</b></p> <p>As a group, create a performance of your myth.          Como grupo, crean una presentación de su cita.</p> <p>Open with your musical piece from this AM          Make it epic with awesome tableaux          Consider adding a small section of dialogue          Keep it clean, fluid, and sharp          Feature the narrator in the myth.          Close with short musical piece echoing the beginning.</p> <p>No: devices, props, chairs</p>	
<p>2:00-2:30</p>	<p><b>Perform</b></p>	
<p>2:30-3:00          Marimar</p>	<ol style="list-style-type: none"> <li>1. Write reflection</li> <li>2. Share around the table</li> </ol> <p><b>I used think, Now I think</b>  <b>I promise</b></p>	