

# REMOTE MUSICAL ADVENTURE DAY



## ACTIVITY #5 INSTRUCTIONS

### FEELING

WE WILL BE WORKING TOWARDS ANOTHER 20-30 SECOND RECORDING, THIS TIME BASED ON THE THIRD OBSERVATION STOP – FEELING.

- LOOK AT WHAT YOU OBSERVED FROM HOW YOU FELT AT THE END OF THE WALK.
- CHOOSE AN INSTRUMENT/SOUNDS SOURCE. CLOSE YOUR EYES AND PLACE YOURSELF BACK TO THAT MOMENT, THE LAST STOP ON THE WALK. THINK ABOUT HOW YOU FELT AND JUST PLAY/IMPROVISE/MAKE SOME SOUND!
- YOU MAY WANT TO USE SOME OF THE IMPROVISATION DEVICES WE DID IN THE WARM UP, THE MAIN AIM THOUGH IS TO HOLD ON TO THAT THOUGHT ABOUT HOW YOU FELT.
- IF YOU HAPPEN TO PLAY A PATTERN OR IDEA THAT YOU LIKE MAYBE REPEAT IT, DEVELOP IT OR JUST KEEP IT FREE AND GO WITH THE FLOW.
- SPEND 5-10 MINUTES PLAYING WITH THIS THEN RECORD A 20-30 SECOND SAMPLE.

THERE ARE NO BOUNDARIES TO HOW YOU APPROACH THIS. BE AS ABSTRACT OR AS CONFINED AS YOU LIKE!