

# At A Distance Together

## CREATIVE TASK

For our latest task we have invited Sound Artist Lucy Cathcart Froden, to offer us up some creative inspiration.

### Creative Task – Sounding out

This week's task is all about sound. When we speak or clap or make other sounds, we create sound waves, which bounce around. Sometimes our sounds come back to us in an echo. We're going to play around with our voices, and listen to how our sounds travel.

## WHAT TO DO

### STEP 1: – breath into sound

Start with some deep breaths. Relax, sit or stand nice and straight, and drop your shoulders. Breathe in and out slowly, a couple of times.

Now, do the same thing, but when you breathe out, make a humming noise instead – an 'mmmm' sound. Put your hand on your chest and notice how the sound travels, starting as breath and becoming sound, up through your throat and mouth, and out through your lips. Now try some breaths where we breathe out with an 'aaaa' sound.

### Step 2 – voice into space

**We can begin to play around with these sounds – they can be soft or loud, high or low, short or long. Experiment with how these sounds travel in your home.**

Try using your voice in different spaces and see what happens. In a room with a carpet and lots of furniture, your voice might disappear, but in a kitchen like this or a bathroom it will probably echo more.

Focus on the sound as it travels. All our voices are unique, so this exact sound is something that only you can make!

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#### Step 3 – place into beat

Now let's add a rhythm. For this step, we need a place name – it could be your street or area, your favourite park, or a town you'd like to visit. Say your place name a couple of times, and then clap it. This is your rhythm! Now you can try making it with your body, or different objects you have at home – cutlery, a tin opener, or an empty tin and a chopstick!

#### Step 4 – sounding out

Now we can put these two parts together – tone and rhythm. Start with your beat, and then add your voice. Try out different sounds and notes, until you find something you like.

You might even want to add some words. If you've created a poem or some writing for one of the other creative tasks, choose a phrase you like from that, and try singing it. Remember, there is no right and wrong here.

Relax, play around, and have fun!

If you want to share what you've made, you can record it on your phone and send it in, using the details at the end of the video.

And finally, remember you can do this activity anywhere – tapping the trolley handle in the supermarket, or humming along with the wind as you walk.

Make a sound and see how it travels. Doing this can help us notice our surroundings, and connect with our bodies, and hopefully feel a bit more grounded.

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## SHARING

We hope that you feel you want to share these responses with us, and in turn we'd be very keen to share these with a wider audience.

You can share your creative responses to [sara@amomentspeace.co.uk](mailto:sara@amomentspeace.co.uk) or on your own social media & tagging us on:

Instagram [@amomentspeacetheatre](https://www.instagram.com/amomentspeacetheatre)

Facebook [@AMPTheatreCompany](https://www.facebook.com/AMPTheatreCompany)

Twitter [@amptheatre](https://twitter.com/amptheatre)

Using hashtag [#AtADistanceTogether](https://twitter.com/hashtag/AtADistanceTogether)

We will keep you updated on forthcoming online sessions via zoom. We hope that you can join us!

## ABOUT THE PROJECT

With many people in our communities in isolation, A Moment's Peace Theatre wanted to offer our regular groups a chance to stay connected and continue to be supported creatively during these challenging times.

At A Distance Together will see us work with associate artists, creating & sharing fortnightly creative tasks, some respond directly to what is happening in our lives at the moment, some an exploration of imaginative spaces. They are entirely optional to undertake, and they can be shared with us or just kept as personal creative activities for the everyday.

We will also be hosting monthly live online creative workshops, offering our groups a chance to reconnect and continue to engage in live creative activities, whilst we are unable to meet in person.