

### United in Grief (born out of the Covid-19 pandemic)

**Score Duration:** For 1 participant the score can last between 1 and 5 minutes. For 5 participants the score will last 5 minutes or more. This score is meant to be repeated as many times as warranted.

**Materials:** A stop-watch or a way to keep time for each participant. There should be no preparation or rehearsal prior too engaging as a participant with the score. It should be as improvisational as possible. Letting the emotions of the headspace of grief take over and manifest within the actions contained in the score itself.

**Description:** A score designed to help process and free the pain of grief. I designed this score with the Covid-19 pandemic in mind, because everyone around the world has collectively experienced hardships during this time. This score is meant to transcend this moment in time and be used to deal with grief in general. It can be hard to deal with grief in general, but even more so during such an intense worldwide event. I personally lost several people during the pandemic and making during this time has been the only thing sustaining me. Hopefully, this score will be an exercise in letting go or acknowledging grief to a point where it can be understood and learned from and not an obstacle or challenge to get through.

**Instructions for 1 participant:** For 1-5 minutes, the participant will choose between three ways to demonstrate grief every 12 seconds of every minute the score lasts. The three ways to demonstrate grief are put into three categories: strictly verbal, strictly an action, or being completely still and silent like a corpse. It is dealers choice for how the participant reacts every 0:12 seconds. A total of 5 times per minute. For example: 0:12, 0:24, 0:36, 0:48, 1:00 and so on every 0:12 seconds. Reactions should not last longer than 0:06 seconds. Reactions that go longer, will impede the next participant. The participant of the score is encourage to try different categories of reactions and not repeat the same reaction more than once.

**Instructions for 5 participants:** For 5 minutes or more, each of the 5 participants will choose between three ways to demonstrate grief every 12 seconds of every minute the score lasts. The three ways to demonstrate grief are put into three categories: strictly verbal, strictly an action, or being completely still and silent like a corpse. It is dealers choice for how the participants react every 0:12 seconds. A total of 5 times per minute. Each of the 5 participants will be assigned an individual 0:12 seconds that they will react on during each minute of the duration of the score. For example: 0:12, 0:24, 0:36, 0:48, 1:00 and so on every 0:12 seconds. Reactions should not last longer than 0:06 seconds. Reactions that go longer, will impede the next participant. Everyone performing the score is encourage to try different categories of reactions and not repeat the same reaction more than once.

**Post-Score Directions:** A collective discussion about the score after it is performed is imperative to completing the score. It allows for further understanding and perhaps even further comfort through shared experiences of grief. If you are performing the score alone, I would advise journaling feelings and thoughts after completing the score to be able to reflect on the grief and process it better. Hopefully, as the score is performed regularly the grief's negative impact will dissipate and become positive through reflection in order to allow for moving past it in a significant way.