

READ THIS TEXT AT A MEDIUM SPEED IN A LOUD WHISPER PLAYING A SHORT NOTE ON YOUR INSTRUMENT WHEN YOU GET TO A NOTE NAME. RED IS FOR WIND PLAYERS, BLUE FOR BRASS, ORANGE FOR PERCUSSION AND GREEN FOR STRINGS. OR YOU COULD FIND ANOTHER WAY TO DIVIDE UP THE COLOURS. DON'T PRACTISE AND DON'T TRANSPOSE, AND DEFINITELY DON'T SYNCHRONISE WITH ANYONE ELSE. PLAY YOUR NOTES AT A SIMILAR DYNAMIC TO YOUR WHISPERING VOICE. WHEN YOU GET TO THE END OF THE TEXT GO BACK TO THE BEGINNING AND REPEAT THE TEXT A LITTLE FASTER. KEEP LOOPING THROUGH IT, GETTING FASTER ON EACH REPEAT. WHEN YOU FEEL LIKE IT'S TOO FAST, START READING THE TEXT IN YOUR HEAD AND ARTICULATE EACH SYLLABLE WITH A SHORT CONCERT A-NATURAL INSTEAD. THE PIECE ENDS WHEN EVERYONE IS PLAYING A-NATURAL.