

The Joy of Letting Go

a work for all

Score for conductor/facilitator;
to be explained or shown to the participants/performers.

Duration

Greater than two minutes.

Performance staging

Up to you! Have flare and be creative - embrace space, lighting and colourful balloons.

Performance method

For any number of people (suitable for one person or even large groups), each with a balloon of any size, colour and thickness. Biodegradable and/or recyclable balloons are preferred.

Performance notes

This piece focuses on the sound attributes of balloons as they are blown up, deflated, repeated, and eventually let go. As the process of blowing into the balloon and releasing the air repeats, the balloon will become more elastic, allowing its size to increasingly grow over the course of the piece.

Please keep all other unintended sounds to a minimum. No balloons should be popped during any given performance of this work - unless by accident.

After the performance, recycle any eco-friendly balloons and hang onto any balloons that aren't recyclable, as a memento or piece of art - or find a way to upcycle them, to provide even more joy after letting go.

Composer's note

This piece is designed to have a bit of fun and provide a little joy and laughter. Have fun and be creative!

SCORE

- A. Breathe in and blow into the ballon **once**. Then,
- B. Deflate the balloon in any fashion you like (quickly, slowly, in bursts), without piercing or popping it. *Don't let go of the balloon just yet!*

Repeat

- C. When ready, release the balloon, allowing it to dance and twirl away. This could be when you're happy with the size of the balloon, it's almost ready to pop, you're tired or bored, or for some other reason.