

REPEAT

Adam Overton, August 2005

for one or more people, or for everyone in attendance

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dedicated to my fellow camp counselors after a week of working with autistic kids

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Everyone:

Think of a phrase that you state on a regular basis, perhaps even several times per day. On cue, begin speaking this phrase repeatedly with the exact intonation and pace that you use in regular usage; as time goes on, however, allow parts of the words and meanings to slowly fall away, instead focusing more gradually on the sounds, their mechanics, and their melody, feeling freer and freer to expand, contract and exaggerate. Make this as gradual a process as possible, stretching it over a predetermined period of time, perhaps 5 to 10 minutes or longer. Be sure to match the volume level of the group, being careful to neither mask nor be masked by the other voices.