presence

a set of open scores

sophie stone

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sophie stone (2025)

with thanks to jennie gottschalk for the inspiration to write a set of scores rooted in everyday gestures, and an invitation to be present.

a set of open scores to be engaged with:

- together or alone
- in any order and any number
- quietly
- for any duration
- privately or shared

conversation

record and present an internal conversation with yourself.

pulse

find your pulse,

    breathe to your pulse:

        inhaling and exhaling for two,

                                                then three,

                                                        and up to four.

step

walk somewhere,

count your steps.

note it down.

listen

close your eyes.

write the first sound you hear (without opening your eyes),

then the second,

then the third.

continue.

rest

lie down or sit still.
record the duration.

gaze

fix your eyes on one object,
trace it.

touch

place your hand on an object,
explore its surface.

balance

stand on one foot.

slowly change feet.

increase the time on each foot.

write

write how you feel.

repeat at an interval of your choice.

observe

look around,

find something to focus on,

observe it for a while.