

Chaos to Peace

Low light, slowly up to full on bare stage during MOVEMENT from Adult Storm
response accompanied by SONG: When I'm overcome by fear

And I hate everything I know

If this waiting lasts forever

I'm afraid I might let go x2

'Cuz I need a reason to sing x2

As movement ends, song fades out and actors stop in final position (all in comfortable
huddle together).

Actor One (A1): You've been holding me down

Actor Two (A2): We'll hold out our hands

Actor Three (A3): Not letting me be me

Actor Four (A4): Shield you from it all

Actor Five (A5): But I know what I can bring

Actor Six (A6): Even if you lose your grip

Actor Seven (A7): I have a reason to sing

Actor Eight (A8): We'll catch you if you fall

All (unison): We'll hold out our hands. We'll catch you if you fall

Lights dim, all exit stage left and re-enter each carrying one of these: three cubes, small
table, four chairs. Slow fade up while: As they place each piece, actors take a position on
(sitting or standing, lying down across it or under it, etc.) the piece they have carried in.

All (unison): How are you feeling today?

A1 (stands and moves to sit on table as she speaks): What toothbrush did you get? I got the Cinderella one that's blue and sparkly just like her dress!

A2 (moves to sit on table beside A1): Oh. That's cute.

A1: Well...Which one did you get?

A2: I got the one with the blue stripe, just like Sarah's.

A1: No you didn't! I don't see a blue stripe!

A2: Um, on the bristles. You know the one that disappears so I know when I need a new toothbrush.

Lights dim. A1 stands and runs to A2's seat, takes position on it; A2 sits on floor next to it. MEANWHILE A3 & A4 & A5 move to places around and facing A1 & A2, and A6, A7, and A8 move downstage right, moving 2 chairs and a cube with them. They (678) sit.

A3: it's easier and I'm lazy.

A4: there are people worse than me out there.

A5: I don't want to.

A1 through 5 turn toward downstage group.

A6: If I want to be friends with these people I would have to talk to them.

A7: I was definitely not going to be the princess. But that turned out to be fine.

A8: I want them to be free, I guess I have to be too. I will miss them.

SONG: Sufjan Stevens, "Chicago" https://www.youtube.com/watch?v=c_-cUdmdWgU

MEANWHILE As light moves to 50%, A1 & A2 rise and start to run around the furniture chasing each other ending with at least two circuits of the playing space. All others move furniture to a clump center stage and join movement.

MOVEMENT during Sufjan Stevens song: attempting to replicate the sit/stand, run, walk, lie down exercise from (Wednesday?Thursday?) End with two actors in position near clump of furniture Center, and one sitting on floor down right, one standing stage left facing left, one lying down beside clump. Three remaining actors (A3, 4, 5) continue movement to take positions downstage left.

A3: I feel weirdly elated, impossibly tired, hopeful. overwhelmed, thoroughly exhausted, tired, anxious, excited, relieved

A4: Broken, everything hurts and I feel like I'm 117 years old. I feel lousy. I feel like someone is grabbing and squeezing my neck like a squeezable jelly container.

A5: while my back hurts and I'm tired, I'm happy. I'm feeling like it's time to press the reset button.

ALL: Reset.

A6: I fixate on miniscule things and have an inability to let them go. I equate this to a stone stuck in me, a hard place that won't go away.

A7: When I am angry at people I love I say nothing and give cold one word answers.

MONOLOGUES:

A8: Heat. There is heat in my heart that feels like I just need it out of me. I think of that scene in Indiana Jones where the tribe rips out the heart of people they are sacrificing and

lowering them down into a pit of fire. Things get blurry and when you're in that pit, all you see is flames and all you feel is the beginning of the end. Like I might explode any second. I feel dense. I feel tense. I feel red. I feel like I can't breathe. It starts in my chest then quickly moves to my gut. This tornado wreaks havoc all through my body till it's time to scream "Do something" and so I do. The storm that comes is a problem for anyone who stands in the way.

A1: When there is a storm brewing inside of me, I am usually caught in it without warning. It stirs inside my stomach creating a funnel cloud in my chest spinning, swirling, tightening my mind races, never being able to settle on one thing, watching the world be bombarded with imaginary hail that I can't keep from falling.

A2: I don't get angry easily, and I almost never show it when I am. When the storm begins, my skin feels too tight and my arms and hands. I feel vaguely electric, like when a lightning storm is close. I can feel a rock growing in my stomach and a hot sun burning in my chest. When they meet, staccato words burst out of me, like a volcano hurling boulders at the sky.

A3: Everything in my body buzzes. I am almost shaking. I feel like the energy will escape from my mouth at any moment and my teeth have to grind to keep it all in. Until it all comes out. Whoever is in my path will be in the way.

A4: The road is sinking from underneath me but I have to keep going anyway.

Cacophony. Crash. Out of control. Unhinged. Losing hold. Engulfing. Menacing.

MOVEMENT: (music: Game of Thrones theme) All actors move a piece of furniture from center to edges of playing space and then all cross to positions for TUG OF WAR

MOVEMENT. "Pick up rope" side "wins" and all cross to upstage left corner.)

SHIFT TO MOVEMENT TBD - Prompt: imagine you're going down an ultimate slide - water slide, or through outer space, or whatever you imagine - go, and land wherever on the stage you feel like the slide will fling you.

FROM THESE POSITIONS, clump in two groups of two and one of four, and begin

SCENES:

SCENE 1:

A5: (circling the desk A6 is at like a shark) You are not good enough. Your job is on the line here. I'm disappointed in your performance. Is this the best you can do?

A6: (plainly) I'm sorry

(A5 and A6 move to upstage center and link hands)

SCENE 2: A7, A8, A2 and A2 or whatever a group of four is:

Alcoholic: Tomorrow morning I'm checking myself into rehab. This has to be done for all of us. I know it will be hard but I think it's what's best.

Child 1: How could you possibly know what's best. You don't even notice me anymore. I can't go through this again. This is bullshit just like last time.

Alcoholic: Can we sit down and talk about this?

(Child 1 storms out)

Alcoholic's partner: It's going to be ok.

Child 2: What am I supposed to do? What am I supposed to do? (Child 2 storms out)

Alcoholic's partner: It's going to be ok. (consoling the Alcoholic)

SCENE 3 (REMAINING GROUP OF TWO, A3 AND A4):

Carly: I'm really excited about this new project, but I'm really struggling.

Lurie: Oh, it's okay every time you try something new you always suck.

Carly: Oh, I know, if at first you don't succeed . . .

Lurie: No, no. I mean like that time you joined the basketball team and you were so bad, you couldn't shoot a lay-up. And you practiced and practiced but were so bad! So you had to quit!! Oh my god that was so funny!

Carly: Well . . . I hope I won't have to quit this . . .

Lurie: Oh . . . no . . .

LIGHTS SHIFT TO DIM, other actors assemble fanning out from last pair, each person touching the shoulder of the person closest in front of them.

LIGHTS COME UP SLOWLY AS starting from last scene partners, actors peel off one by one and run irregular loops around the stage at their own pace. End by assembling in two rows facing each other on right and left edges of playing space.

MOVEMENT: Tug of War - stage left picks up the rope, stage right pulls then lets it go (Sarah's movement prompt: what makes you pick up the rope/what makes you stop pulling).

One by one, actors walk upstage, then either to right or left, then down to form a circle facing inward. While music plays (TBD - something calm, probably cello)

Pairs on opposite sides of the circle say these lines in unison (two people say each line):

“Darkness” are on the floor

“Light” are standing with their arms open to the sky

Pair 1 (darkness) - Please forgive me

Pair 2 (light) - You are forgiven

Pair 3 (darkness) - I guess I have to accept my lot.

Pair 4 (light) - Accept your lot.

Pair 1 (darkness) - I just can't anymore.

Pair 2 (light)- Come with me.

Pair 3 (darkness) - Help. Help.

Pair 4 (light)- Here.

ALL (light) - We've got you.

MOVEMENT (Music: I See Fire <https://www.youtube.com/watch?v=yymS1Pb7JfM>)

Actors split into three groups, two of three and one of two. Use the Tuesday movement IMG3998 and IMG3999 pattern, embodying being weighed down and then freed. Groups split off and recombine and repeat the pattern, then form one large group, repeat the pattern two more times as one large group.

Actors move downstage into a line across the front of the playing space, each moving out of the circle and into place as they speak their first line.

MONOLOGUE (split up):

A1: It feels like calm.

A2: Before I go through a storm of power and a surge of confidence there is usually
some sort of calm,

A1 & A2 (unison): It feels like calm.

A3: still water in my heart,

A1, A2 and A3 (unison): It feels like calm.

A4: with a breeze that flows through my body

A1, A2, A3, A4 (unison): It feels like calm.

A5: as peaceful tranquility takes over.

A1, A2, A3, A4, A5: It feels like calm.

A6: There is something

A7: that will come out and take over

A8: once the storm hits.

ALL: It feels like calm. It feels like calm.

Actors move into two lines, four pairs with one in front and one behind in each pair.

Front actors (unison): I'm afraid.

Back actors (unison): I've got you. We've got you.

Front actors fall backward and are caught by back actors.

BLACKOUT