

# Deepen Your Engagement

Give your eyes a break, and try one of our suggested activities. Each is designed to deepen your engagement with and enjoyment of our virtual presentations.



Get comfortable. Grab a blanket. Lie on the floor or recline on the couch. Close your eyes and visualize the music. Does it sound like an impressionist painting? Does it remind you of a childhood memory?

Draw or create in response to music. Use a new color to represent each emotion you feel. Or simply scribble in time to the music. If drawing intimidates you, pay attention to the imagery or memories the music evokes. Try to take a photo that encapsulates that feeling or memory. You could also create a digital collage using stock photos. Find [resources](#) about coloring and photography. Share your creation with us on social media by using the hashtag #ArtsEngagementPSU.



# Deepen Your Engagement

---



Try journaling. Write whatever comes to mind while listening to the performance. Can you imagine a story? Does the music make you feel an emotion? Does it evoke a memory? Write about it. Nothing is off limits because this is your personal experience. Feeling stuck? Check out [these journal prompts](#).

Getting up and moving every half hour or so is good for our health. Challenge yourself to move for ten minutes, thirty minutes, or the whole hour of the performance. Consider taking the performance on a walk. Make your walk more mindful by using the music to ground you in the present. If your thoughts begin to drift to your to-do list, your next meeting, or what you're making for dinner, gently redirect your attention to the present, the sound of the music, and the feelings the music evokes in your body. Find an excellent walking meditation [here](#). Find additional ideas about [mindful movement](#) and practices.



**UP CLOSE  
& VIRTUAL**

**CENTER FOR THE PERFORMING ARTS** AT PENN STATE



@pscpa



@psupresents



@PSUpresents

[Sign up for Arts Insider](#)

In its original sense "chamber music" referred to music composed for the home, as opposed to that written for the theatre or church. Since the "home"—whether it be drawing room, reception hall, or palace chamber—may be assumed to be of limited size, chamber music most often permits no more than one player to a part and usually dispenses of a conductor. Chamber music is intimate, capable of expressing subtle and refined musical ideas.

<https://www.britannica.com/art/chamber-music>



If you are tech savvy and want to enjoy this Chamber music concert the way folks in the 17th Century might have, connect your laptop to your television, or use an at-home projector to watch this performance on the big screen. Does it feel like the performers are playing just for you?



**CENTER FOR THE PERFORMING ARTS** AT PENN STATE



@pscpa



@psupresents



@PSUpresents

[Sign up for Arts Insider](#)