

"Word by word, the language of women so often begins with a whisper"
- Terry Tempest Williams, When Women Were Birds: Fifty-Four Variations on Voice

## **INSTRUCTION:**

Rituals 1-6 can be performed in any order; mix, match, layer and blend.

## Ritual 1

Voice a personal experience utilising one or more, or an adaptation of the following phrases:

Young chick Old hen Hen pecked
Broody as an old hen Hen party Fly off the handle
Sing like a canary Feathering the nest Empty nest
Flying the nest / coop Graceful swan Ugly ducking
Birds of a feather (flock together) Mother hen / goose Spring chicken

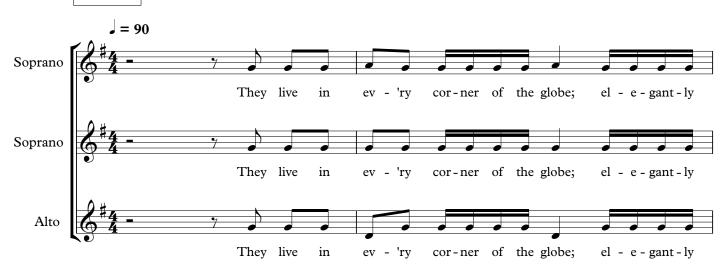
Madder than a wet hen Clip her wings As crazy as a loon (loony)

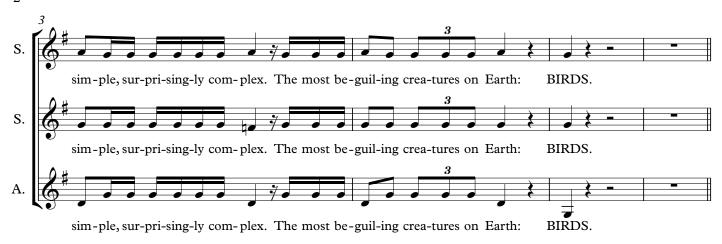
In fine feather

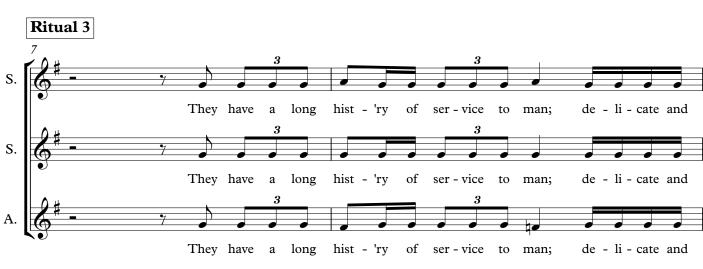
Under the wing (as in: "She took him under her wing") Ruffed feathers (as in: "Who ruffled her feathers?")

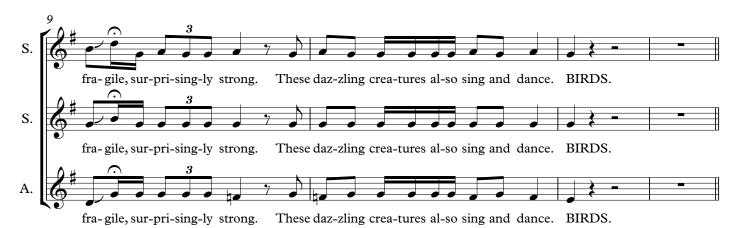
Or any instance where you were compared to a bird, or referred to as a 'bird'

## Ritual 2

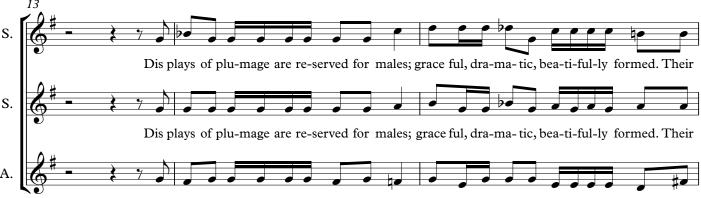












Dis plays of plu-mage are re-served for males; grace ful, dra-ma-tic, bea-ti-ful-ly formed. Their





