Warm up games:
Use physical activities which connect the body with the breath and voice. Use as much imagery, freedom and fun as possible!

Plasticine Person (Sharon Durant)
Teacher and pupils pretend to model an imaginary lump of plasticine into the shape of a little person.

Use two fingers of right hand extended downwards to represent Plasticine Person walking.

Teacher tells the story in words. All mime..... make the sound effects....

“Plasticine Person walks up to a tall building” (‘Doo-ty doo-ty doo-ty doo-ty doo-ty doo’)

“(S)He presses the bell for the lift” (high pitched ‘ding’)

“(S)He goes up the lift” (All start with a low ‘nnnggg’ or ‘aaahhh’ sliding to high)

(‘Ding’)

“Plasticine Person can do what (s)he likes.... So..... (s)he jumps out of the window!” (Weee eee eee eee eee SPLAT!...(clap hands and shout)

“(S)He pulls himself together” (Make slurping/sucking noise)

Ask the children to suggest further adventures each accompanied by a different noise. Keep going back to the beginning and re-telling the story through the mimes and sound effects. Next week, after (s)he’s been up the lift, (s)he can go on different adventures!

Throw Catch (created by Skura from the Eastern Cape of Africa from an exercise from Em Whitfield Brooks). Group are lined up in two lines facing a partner. Each pair uses an imaginary ball to play catch with. Jikeleza is Xhosa for ‘turn around’.

Throw catch   x3  Jikeleza    } x2
Na na na na na na na  x3  Jikeleza } x2
Catch! (sing last time only)
The Joy of Song

**Boom Chicka Boom** (from Sing for Pleasure. Tune by Sharon Durant)

Call and response:
I said a Boom Chicka Boom  x2
I said a Boom Chicka Rocka Chicka Rocka Chicka Boom
Uh-huh
Ee-hee
One more time
A bit ......(faster, slower, higher, lower, like a nasty witch, like Elvis, like a baby etc)

**Rubber Chicken**

Imagine you have a rubber chicken hanging on to your right hand. Try to shake it off, counting as you go: 1 2 3 4 5 6 7 8
Do the same on your left hand, then right foot, then left foot
Repeat the whole process counting to 4, then 2, then 1
Finally everyone shouts ‘Rubber Chicken’ at the end

**Button Factory** - chant

Hello. My name is Jo
And I work in a button factory
And one day my boss came up to me
He said Jo, are you busy? I said no
Well push this button with your right hand

- Left hand
- Right foot
- Left foot
- Head

Hello. My name is Jo and I work in a button factory
And one day my boss came up to me
He said Jo, are you busy? I said YES!

**Clapping round** - add words to make a new chant

1. stamp clap click  stamp clap click  stamp clap click clap  stamp clap click
   (fish and chips  fish and chips  mushy peas with fish and chips)

2. stamp clap clap clap clap_ x2  stamp clap x2  stamp clap click
   (I like cappuccino  x2  cup of tea  bring one now!)

3. clap slap slap x3  clap clap clap  clap slap slap x3  clap click
   (beans on toast  x3  fish fingers  beans on toast  yum yum)

Clap your hands - Sue Nichols - (tune of this old man)
Clap your hands, stamp your feet, walk the pavement, dance the street,
move your limbs and nod your head. Now find other words (verbs) instead (replace words in bold with different verbs)
Playground games

John Kanaka   traditional American, collected by the Amidons
I heard I heard the old man say (dosie doe)
John Kanaka naka tulee ay (stamp, thigh slaps, clap and together)
Today, today’s a holiday (dosie doe the other way)
John Kanaka naka tulee ay ay (stamp, thigh slaps, clap and together)
Tulee ay tulee ay (clap clap, together x2)
John Kanaka naka ay (stamp, thigh slaps, clap and together)

Move round the circle and off we go
• John in thinking voice
• Kanaka in thinking voice
• Whole thing in thinking voice

Here comes Sally   traditional American
Here comes Sally walking down the alley
Here comes Sally just like that
Here comes another one just like the other one
Here comes another one just like that
Well I looked down the alley and what did I see
A great big man from Tennessee
I bet you five dollars I can whoop that man
I bet you five dollars I can whoop that man
Jump to the top, step down and then
Jump to the top and start again

As I was walking   traditional American
As I was walking down the street, down the street, down the street
A friend of mine I chanced to meet. Hello, hello, hello
A riggitity jig and away we go, away we go, away we go
A riggitity jig and away we go. Hello, hello, hello

Jump Jim Joe   traditional American, collected by the Amidons
Jump, jump, jump Jim Joe
Shake your head, nod your head, tap your toe
Round and round and round we go
Then you find another partner and you jump Jim Joe

Love Somebody   traditional American
Love somebody, yes I do children in the circle hold both palms up
Love somebody, you know who a chosen child moved round the inside patting
Love somebody, can you guess? each pair of hands on the beat
You’re the one I love the best stays with the person and swaps places
(all clap love the best)
The Joy of Song

Pick a bale o’ cotton
We’re gonna jump down, turn around, pick a bale o’ cotton
Gonna jump down, turn around, pick a bale a day
We’re gonna jump down, turn around, pick a bale o’ cotton
Gonna jump down, turn around, pick a bale a day
Oh Lordy, pick a bale o’ cotton. Oh Lordy, pick a bale a day
Oh Lordy, pick a bale o’ cotton. Oh Lordy, pick a bale a day

Who stole my chickens and my hens
Who stole my chickens and my hens (step, step, step)
Who stole my chickens and my hens (step, step, step)
Who stole my chickens (step)
Who stole my hens (step)
Who stole my chickens and my hens (step, step, step)

Little bird
Little bird, little bird, fly through my window x3
And buy molasses candy
Fly through my window my sugar lump x2
And buy molasses candy

Fly through my window my sugar lump, fly through my window my sugar lump
And buy molasses candy

Cece my playmate
Cece my playmate
Come out and play with me
And bring you dollies three
under the apple tree
Slide down the drain pipe
And through the cellar door
And we’ll be happy friends for ever more, more, more

Baby 1 2 3 traditional Trinidadian play song
Baby 1 2 3, head and shoulders
Baby 1 2 3, head and shoulders
Baby 1 2 3, head and shoulders, head and shoulders
• Shoulders, elbows
• Elbows, hips
• Hips and knees
• Knees and toes

Baby 1 2 3 head and shoulders, shoulders elbows, elbows hips and hips and knees and knees and toes and baby 1.
The Joy of Song

**Songs**

**Breakfast medley** (I think this is written by Jan Holdstock)
When it’s time for breakfast I like toast and marmalade.
Toast and marmalade. Toast and marmalade
When it’s time for breakfast I like toast and marmalade
That’s how I start my day

Just a cup of tea. That’s enough for me. That’s enough for me (with milk and sugar)
Just a cup of tea. That’s enough for me. That’s enough for me

I want eggs and bacon and a slice of good fried bread
If you have no bacon then a sausage will do instead

**Senwa de Dende** traditional Ghanaian folksong: a mother is calling for her child, using a pet-name
Senwa de Dende, senwa
Senwa de Dende, senwa
Senwa de Dende, senwa de Dende, senwa de Dende, senwa

**Nanuma** part of a larger Ghanaian song about the Land of the Spiders
Nanuma why ee ay nanuma x4

**I like the flowers**
I like the flowers. I like the daffodils
I like the mountains. I like the rolling hills
I like the fireside when the lights are low
Singing a doowap a doowap a doowap a doo

I like the ocean. I like the great big waves
I like the starfish. I like the ship that sails
I like the moonlight when the sun sinks low
Singing a doowap a doowap a doowap a doo

**Tongo** - traditional Polynesian echo song.
Tongo
Tongo
Chimne bahe bahe oh
Chimne bahe bahe oh
Oo away balay kalow away
The Joy of Song

**Our dustbin**
Oh you can’t put your muck in our dustbin, our dustbin, our dustbin  
You can’t put your muck in our dustbin. Our dustbin’s full

Fish and chips and vinegar, vinegar, vinegar  
Fish and chips and vinegar. Mushy, mushy, mushy peas

One bottle of beer, two bottles of beer, three bottles of ginger beer  
Four bottles of beer, five bottles of beer, six bottles of ginger beer

**Ain’t gonna** (traditional American arr. Sharon Durant)
Ain’t gonna let nobody turn me around. Turn me around. Turn me around  
Ain’t gonna let nobody turn me around  
Keep on walking. Keep on talking. Walking to the freedom land

Ain’t gonna let nobody. Ain’t gonna let no! no! nobody

Ain’t gonna let nobody turn me x3  
Keep on walking. Keep on talking yeh

**Gospel medley**
Swing low, sweet chariot. Coming for to carry me home  
Swing low, sweet chariot. Coming for to carry me home

Oh when the saints go marching in. Oh when the saints go marching in  
I want to be in that number oh when the saints go marching in

I’m gonna sing, sing, sing. I’m gonna dance, dance, dance  
I’m gonna sing. I’m gonna dance. Hallelu  
When the gates are open wide I’ll be standing by your side  
I’m gonna sing. I’m gonna dance. Hallelu

**5 sticky lollipops**
5 sticky lollipops fixed on sticks  
Take a sticky lollipop and lick, lick, lick  
4 sticky lollipops fixed on sticks ..... 3 ..... 2 ..... 1.....

No sticky lollipops fixed on sticks  
No sticky lollipops to lick, lick, lick

**Touch your shoulders**
Touch your shoulders. Touch your knees  
Raise your arms and drop them please  
Touch your ankles. Touch your toes  
Pull your ears and touch your nose
Once I found a cherry stone
Once I found a cherry stone. I put it in the ground
And when I came to look at it, A tiny shoot I found
The shoot grew up and up each day and soon became a tree
Then I picked the rosy cherries and I ate them for my tea

**Good News - Football Version**
(adapted from gospel spiritual - Good news chariot’s coming - by Claire Tustin and Sam Allen 2002)

Good News Shearer’s Scoring  x3
We've just scored a goal
1-nil, 1-nil, 1-nil, we’ve just scored a goal. ooh England

*Here comes Shearer on the attack
Bringing it back to the back of the net like that*

Good news Owen’s scoring  x3
We've just scored a goal
2-nil, 2-nil, 2-nil, we’ve just scored a goal. ooh England

*And it’s Michael Owen, come on Owen keep it going
Out on his own bringing a goal back home*

Oh no Renaldo’s scoring  x3
Then Ferdinand knocks it clear
2-nil, 2-nil, 2-nil, then Rio knocks it clear. ooh England

*There goes Renaldo we’re gonna concede
But the man Ferdinand knocks it clear with his heed*

Good news Beckham’s scoring  x3
We’ve just won the match
3-nil, 3-nil, 3-nil we’ve just won the match. ooh England

*It’s Beckham’s ball and he’s beaten them all
Bends it right past the defenders’ wall*
Do anything but throw it away (Sharon Durant and Eleanor Mooney)
I went into the bathroom. Whatever did I see?
I saw some empty toilet rolls waiting there for me
They want to be recycled. Whatever could they be?
A flag pole; a telescope; and they’re all for free

It’s amazing what you can find lying around
Listen carefully when we say
Use your imagination to create a new invention
Do anything but throw it away

I went into the kitchen. Whatever did I see?
I saw an empty washing up bottle waiting there for me
It wants to be recycled. Whatever could it be?
A space ship; a rocket; and it’s all for free

It’s amazing what you can find lying around
Listen carefully when we say
Use your imagination to create a new invention
Do anything but throw it away (that’s what we say)
Do anything but throw it away (now don’t delay)
Do anything but throw it away (do it today)
Do anything but throw it away
(replace the room and the items found and created to make your own verses)

Ain’t gonna (traditional American arr. Sharon Durant)
Ain’t gonna let nobody turn me around. Turn me around. Turn me around
Ain’t gonna let nobody turn me around
Keep on walking. Keep on talking. Walking to the freedom land

Ain’t gonna let nobody. Ain’t gonna let no! no! nobody

Ain’t gonna let nobody turn me x3
Keep on walking. Keep on talking yeh

Rap:
Ain’t gonna let nobody turn me around. I was lost but I’m found
Didn’t know which way to turn but now I know where I’m bound

I’ve found the passion inside to write my lyrics with pride
No longer thinking that these words are something I have to hide

I take it all in my stride. You’ll find my strength multiplied
And I help others who are struggling to bridge that divide

I found the strength to begin; to hold my course and to win
You know I’ll never give in, and I sing ..........
The Joy of Song

Wish - Bex Mather, Simon Derbyshire
Verse 1 was created through a group devising process with young people from Newcastle based on their wishes for themselves and their family for New Year’s Eve 2002. Verse 2 and 3 were created by young people in Live Voices 2003 reflecting their thoughts and feelings surrounding Britain and America’s roles within the Iraq war

Chorus:
Wish, oh wish. Wish you could hear our wishes
Wish, oh wish. Wish you could hear our wishes
Wish you could hear us sing our wish for what tomorrow brings
Wish you could hear us sing our wish for what tomorrow brings

(Dum dum ba da da da. Dum dum ba da da da)
(Our hopes, our dreams. Gonna wish for a better day)

Verse 1
Dreams come true. My family and my friends be happy too
Life’s in a spin, it turns me. Being famous and world peace
Take care of the planet I wish. Realise that we’re living this

Verse 2
Hear us sing. Don’t take our lives in your hands
Think of the love and giving. We want the world still spinning
With our dreams and wishes we’re willing to keep the waterfalls from spilling

Verse 3
See us stand. Our lives and children are in your hands
Think of the world tomorrow. We don’t want no sorrow
Stand firm; united we’re strong. We’re the next generation. We’re gonna carry on
(carry on ...)

Great Day
Great day
Great day and the sun is shining
Great day
The sun’s gonna shine on everyone

Shine on, shine on me, won’t you
Shine on, shine on me, won’t you
Shine on, shine on me
The sun’s gonna shine on everyone

Shine on, the sun is shining on me
Shine on, the sun is shining on me
Shine on, the sun is shining on
The sun’s gonna shine on everyone