

ENCORE VOCAL PROGRAMME

3rd – 6th CLASS



This week we are taking you on a "Cultural Musical Journey" to explore the songs of the Anishinaabe Nation tribe of North American & Canada, a traditional African work song from Lesotho, South Africa and a Kpanlogo (*pahn-lo-go*) song from Southern Ghana.

WICHITA DO YA

"**Wichita Do Ya**" is a Blessing Water Song - from the Anishinaabe Nations tribe indigenous to North America and Canada. It is gifted as a river song. It sings of quiet, swirling flowing water and rushing currents! It urges us to balance our own lives ... the movement with the stillness! Native American's believe everything in the earth to be sacred, including water. Water is life. Water connects and unites us all.

Sing the song with Marian: <https://youtu.be/BN3NNescdNM>

Lyrics Sheet: <https://drive.google.com/file/d/1qb1LQz8xQJG5GbGQIVkVwRG3-aaaYCN3/view?usp=sharing>

TINA SINGU

"**Tina Singu**" is a traditional work song from Lesotho, South Africa. It's a song for displaying strength while also serving as a warning to opponents - "We are the burning fire" or "We are filled with the force of life". "**Watsha**" means "to burn" (as in clearing brushy areas).

Learn the song with Elspeth: <https://youtu.be/uHBfVafx1Jc>



AKWABOO

"**Zaminamina Akwaaboo**" is termed as a Kpanlogo (*pahn-lo-go*) recreational song & drumming piece of the Ga of Southern Ghana. It is a rich texture of singing, drumming and dancing. Roughly translated it says: "Welcome home soldiers; are we going to Soweto, so that we can go eat".

Learn the song with Ali: <https://youtu.be/2lnyrXX2ZOW>

Ti-na sin-gu le-lu va-tae-o
Wat-sha Wat-sha Wat-sha
La la la la la la la la la ...

Za-min-a-mina ak-waa-bo
Ee, Ak-waa-bo, ee ak-waa-bo
Za-min-a-mina ak-waa-boo ee!

We really love hearing how you're getting on with music-making at home and hope you enjoy singing with us. Be sure to keep in touch and share with us here what you are up to musically: musicgenerationcarlow@kcteb.ie



Therapeutic Dream Catcher

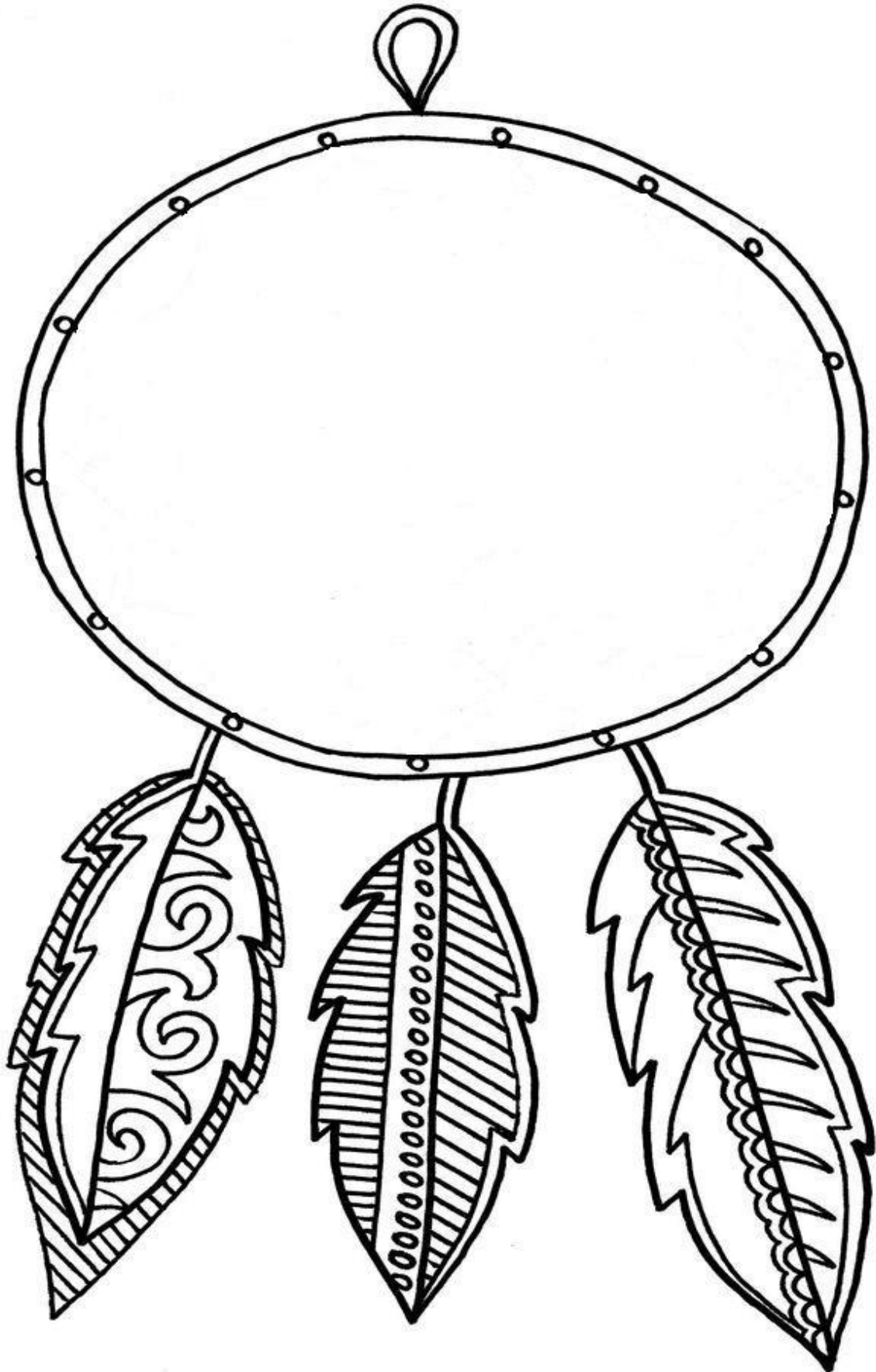
Materials Needed:

- ✓ Cardstock (or any thick paper)
- ✓ Pencil (or any writing utensil)
- ✓ Crayons (or any coloring tools)
- ✓ Hole Puncher (or something to poke a hole with)
- ✓ Yarn/wool (or any kind of thick-enough-to-notice string/ribbon)

- Step 1) Print out the Dream Catcher worksheet and colour and decorate your dream catcher.
- Step 2) Think of and discuss your negative emotions, triggers, or experiences with your family.
- Step 3) **“Trap”** those negative thoughts/triggers/emotions **inside** of your dream catcher by writing them **inside** the circle.
- Step 4) **Write** your strengths, positive traits, activities, and other things or people you love **all around** your dream catcher.
- Step 5) Once your dream catcher is complete, weave yarn/ribbon (using tape and glue) through the points around the circle to **“trap in”** the negative things.
- Step 6) Show off your hard work! 😊

Traditionally, it's said that when a dream catcher is hung above the head of a bed, the webbing of the dream catcher will catch and hold bad dreams while the good dreams slip through and slide down the beaded, feathered strings and into the mind of the person sleeping below.

_____ 's Therapeutic Dream Catcher



Example of how to fill in your dream catcher:

