



AMANI PROJECT @ Home

INSTRUCTIONS

Activity 7: Write a CoronaKindness Song

DETAILS

- **Time:** 1 hour (or more if you want!)
- **Materials/Equipment:**
 - Pen or pencil, piece of paper
 - Your found object instrument, your voice, or any other instruments you have
 - (Optional) A smartphone or tablet that can capture video, social media account

WHAT WE BELIEVE (norms & values)

- Everyone can make music
- Music is both universal and individual
- You can create your own musical instruments using objects you have around you
- Music can help you express or shift your emotions

WHAT YOU WILL GET OUT OF THIS (objectives)

- Practice growth mindset
- Practice songwriting and storytelling
- Express emotions through music
- A greater sense of connection to your community during this isolating time

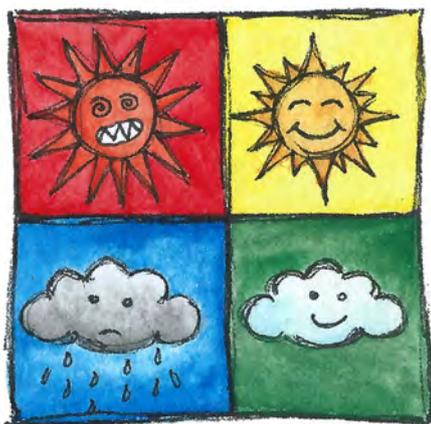
ACTIVITY

Introduction

There are many ways to compose or create music. Some people hum a melody first and then add words to the tune. Others start by finding a beat or rhythm to build on. For this activity, you will be asked to write your song using the following steps:

- Choose a guiding emotion to be the theme of your song
- Create a beat to express that emotion
- Add in the other elements of music to your song
- Rehearse, improve and perform your song!

Step 1 - Feel Your Emotions



During this time of physical distancing, it's very easy to feel many different emotions. Some of us are feeling scared, while others are feeling angry or frustrated. Some of us might be feeling relaxed, or even happy to have the time with our loved ones. Before you start writing your song, decide what kind of emotion you want to express in your #CoronaKindness song. Do you want your song to be full of energy to make people feel good? Or maybe you want your song to be lower energy and somewhat sad. It can also be high energy and frustrated, or low energy and feeling great. It's up to you! Choose at least one guiding emotion to express with your song.





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Step 2 - Feel the Beat

Find something to drum on. It can be a bucket, tin can, or even your lap. Take a few deep breaths and try to feel the emotion you chose in Step 1. With that emotion in your mind, make a beat that you feel matches that emotion. It doesn't have to be complicated. For example, if you are making a song that is high energy and feels good, you can create a fast beat that swings a bit. Keep practicing your beat until you can confidently play it (repeat it) for 30 seconds or more.

Step 3 - Find the Song

Read through the following questions to help you think through important steps in writing a song.

- Do I want to include singing? Spoken words? Specific instruments?
- What tempo (fast or slow), and dynamics (volume changes) will I use in my song to express my guiding emotion, and why?
- How long do I want my song to be?
- How will I start and finish my song?

Once you've answered these questions, you're ready to begin writing your song! If you are including lyrics (words) in your song, it might help to pretend you are writing a short poem to a friend who is also going through the Coronavirus isolation alone. What would you write to them? Write your lyrics on a piece of paper, then play your beat while reading or singing your lyrics to make sure they fit well. Try out different tunes or melodies with your voice or instrument until you feel like it matches your beat and guiding emotion.

Step 4 - Share Your Song

Practice your song until you feel comfortable playing it. Once you are ready to perform your song, ask another person to be your practice audience over video or phone, or across a hall (make sure to keep at least 6 ft or 2 meters away from any audience members). Rehearsing your song will help prepare you for your final performance. After you have played the song for your practice audience, ask them for helpful feedback. When giving feedback, your audience should use the word "because" to explain why they liked or did not like something about the song. For example, "I liked your song because all of you had so much energy! I would enjoy your song more if it was longer because it finished before I could tell what emotion you were trying to express." Once you've made any changes, choose a safe way to perform your song for others. It can be on social media using the hashtag #AmaniProject and #CoronaKindness, or for neighbors from your front porch or balcony (keeping at least 6 ft or 2 meters away). Make sure to have someone record your performance!

***SPECIAL NOTE:** For those of you who post your song using the hashtags #AmaniProject and #CoronaKindness, you will be automatically entered into a contest to have your song professionally produced by our Amani Project team! We'll work with you to add instruments and record and produce your song - all virtually!





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INSTRUCTIONS: Use the questions below to make sure your young person has completed the activity. If they have missed a step, explain what is missing and what they need to do in order to complete the activity and earn their badge. Once they've successfully completed all the steps, congratulate them and award them the Activity 1 badge to glue onto their [Amani Project @ Home Badge Card](#).

Objectives:

- 1) Collaboratively compose and perform a song that expresses an emotion colour.
- 2) Discuss audience interpretations of the song and possible differences in interpretation.

You must be able to answer "YES" to all questions below in order to award the badge.

1. Did the club members compose and perform a song with a friend?
 YES NO
2. Did the club members choose an emotion colour for their song?
 YES NO
3. Can the club members describe how they used tempo and dynamics to express their song's guiding emotion?
 YES NO
4. Did the club members discuss audience interpretations of their song with you?
 YES NO

Hey Adults! Do you have a suggestion for how to improve this activity?
Or just want to tell us how much you liked it? [Click here](#).

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