



# Keep Calm and Make Music

One Hit Wonder Workshop

Give Me Courage



Hampshire  
County Council



# Getting Creative with a Song





# Give me Courage...the song

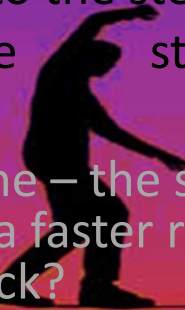
- Listen to the song
- How could you describe this song? Make marks on paper to show the sounds in this song (*are they smooth or spiky? what colours are they?*)
- Write your key words in different colours on a piece of paper
- Count how many times you hear...

You can listen more than once



- courage
- brave
- dive in

- Listen again and move your feet in time with the steady beat, then try tapping your knees in time to the steady beat.
- How else could you keep the steady beat?
- Listen again, notice the drone – the same low note repeating throughout the song. Sometimes it has a faster rhythm – do you notice when it changes? Does it change back?
- Listen again and see how much of the song you can sing along with



# Give me Courage...the movie!

Click play on the blue square to watch some real courage



# Being brave...



- This song has a call and echo section – hoi! *hoi!*
- Find someone else to call / echo with – come up with your own brave sounding word and “be brave” calling it (*try hoo / haa if you can't think of your own*)



Make strong, scary faces in the mirror  
Practise making different brave stances  
while you play and sing the song

(arms / legs / face)



# Watch this clip of a HAKA.

- It uses strong, rhythmic actions alongside chanting  
You are going to work out a “HAKA” to perform with the Courage song
- First, work out a sequence of strong / brave poses
- Then, decide to hold / repeat the pose rhythmically for each phrase
- Now, create a sequence or pattern of moves to using these poses to accompany the song
- Practise and get it ready to perform



# ...and show yourself off...

Share your performance with someone – maybe you could record it on an iPad and share it with someone else in your family or class.

If you're at home, maybe you could perform whilst face-timing a friend or relative

Enjoy !!