

#CONCERTSFORKIDS

Activity Guide



Photo by Ronald Davis – Davis Digital

Nobuntu

Nobuntu, an all-female a cappella quintet, is bringing a joyful celebration of music and community all the way from Zimbabwe. We'll learn some Ndebele, one of the 16 official languages spoken in Zimbabwe, and get ready to sing and dance along.

Warm Up

Let's warm up! Take a long breath in and let a long breath out. Let's do it again. Take a long breath in and let a long breath out. One more time: take a long breath in and let a long breath out.

Now take three very short breaths in and three very short breaths out.

Now let's warm up our bodies. Stretch your fingers all the way up to the ceiling! Even higher!

Now fold at the waist and touch the floor.





Now hold your arms out to the side and up like you are celebrating!

Stretch your arms out wide.

We can also warm up our voices. Let's give a big laugh, "Ha, ha, ha!" Louder!

Head, Shoulders, Knees and Toes



In their song, "Zitho zami", Nobuntu teach us a few words in Ndebele for some parts of the body. We'll learn some of these words with the song, "Head, Shoulders, Knees, and Toes".

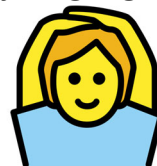
STEP 1

In English, it goes, "Head, shoulders, knees, and toes, knees and toes."

Let's learn some of these words in Ndebele, also sometimes called isiNdebele or Northern Ndebele, one of the many languages spoken in Zimbabwe.



Say this word out loud: "Ikhanda."



This means head! Now touch your head.

Touch your shoulders and say, "Amahlombe."



Touch your knees and say, "Amadolo."



Touch one foot and say, "Unyawo."



STEP 2

Now, put it together! Ikhanda, Amahlombe, Amadolo, Unyawo. Touch your head, shoulders, knees and foot.



STEP 3

Now try to sing it to the tune of "Head, Shoulders, Knees and Toes" while doing the motions!

"Ikhanda, Amahlombe, Amadolo, Unyawo, Amadolo, Unyawo."



Optional step: Ask a family member or friend to say the words while you do the motions!

If you want a challenge, have them change the order of the words! Can you match the new order with your motions?

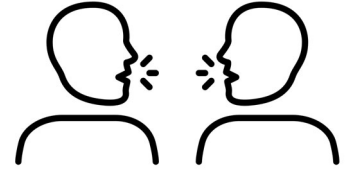
Call and Response



STEP 1

In their song, “Bhalala”, one person says a line as though she is a mother speaking to her children, and the rest of the singers respond.

This is called **Call and Response**. Call and Response is when musicians say a phrase or make a sound and someone says something or makes a sound back.



She says, “Bantwana bantwana” which means “Children, children.”

The other singers respond, with “Maaaaa!” like they are children talking to their mother!

Try it. This you can do with a family member!

Have one person say, “Bantwana bantwana”.

The other person will respond, saying, “Maaaaa!”

Now switch!

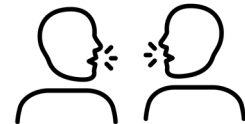


STEP 2

Now the first person will say it in a different way. You can say it in a high voice, or a low voice. You can say it loudly or very quietly, quickly or slowly.

The other person will say “Maaaaa” back, trying to copy the way the first person spoke.

If the first person says it quickly, try to say it quickly back! If they say it very softly, try to whisper it back.



Now switch roles!

STEP 3

Next, replace the words with clapping. Can you make a pattern with your claps?

Have your family member try to copy your clapping rhythm.

Now switch! They will clap and you will try to copy them. Try this a few times. Have fun!

Now one person will clap a pattern and you will clap a DIFFERENT pattern in return.

Can you make a song out of it?



Discussion Questions

What are some games or songs that this activity reminds you of? Why?

Now that you've done this activity, what might you look out for during the performance?

What other choices could you have made if we were to do the activity again?

What did you see the performers do that was similar to the activity?

What languages did you hear? Did you learn any new words?

What music does your family like?

How do you feel when you listen to this music?

What do you want to know more about?