



**PEACE
ONE DAY**



*Musicians
without
Borders*

Peace Day, 21 September

Sounds of Peace Music Workshop Manual



Introduction



Peace One Day and Musicians without Borders have partnered to produce this manual for a 1-hour music workshop to be delivered on International Peace Day all around the world.

Peace One Day's efforts brought about the unanimous adoption by UN Member States of an annual day of global ceasefire and non-violence on 21 September (Peace Day). Its aim is to institutionalise the day around the world, engaging all sectors of society in observing the day worldwide.

Musicians without Borders (<http://mwb.ngo>) uses music to connect communities, bridge divides, and heal the wounds of war and conflict. Musicians without Borders bases its work on the premise that:

- Everyone can make music;
- Everyone is equal and all voices count;
- Everyone is creative;
- All forms of musical creation are accepted.



This manual presents a structure of a music workshop in the spirit of Musicians without Borders. It is written in such a way that any group leader will be capable of leading this workshop, regardless of their musical level. Each activity in the manual offers variations according to the skill level of the workshop leader, the size of the group, and the age of the participants.

A dedicated Facebook Group was opened for this project. You are welcome to post questions and ideas, and to share the songs written and recorded during the workshop.

<http://mwb.to/SoundsOfPeace>

Structure



THE LESSON PLAN

For the Opening part and the Interaction & Creativity part, we offer several activities that you can choose from. This depends on your own ability, target group, space, and time.

Time	Workshop Part	Description	Why?
00:00 - 00:10	Opening	The participants follow the leader during an opening activity which includes: Body Percussion / Voice & Movement Activity	<ul style="list-style-type: none"> • To welcome everyone • To establish the leadership role • To establish a fun and safe environment • To warm up our bodies and voices
00:10 - 00:30	Interaction & Creativity	The participants interact with each other and explore creativity through: Dance / Song / Rhythm / Name Game	<ul style="list-style-type: none"> • To feel invited to be creative • To create empathic connections • To increase trust between participants and leader
00:30 - 00:50	Songwriting	The participants write a song about peace	<ul style="list-style-type: none"> • To connect to the theme of the day • To create a feeling of achievement and ownership
00:50 - 01:00	Closure	Performance of the song, and a goodbye activity	<ul style="list-style-type: none"> • To enjoy the result of our creativity • To feel connected to each other • To express our thoughts and feelings about peace

You can watch all the activities on YouTube. Each activity includes a link to a YouTube video. You can also watch all videos in the Sounds of Peace Playlist: <http://bit.ly/1rU3QwS>

1. Opening



Here are some activities you can choose from for the opening part:

1.1 HELLO SONG - "I'D LIKE TO SAY HELLO"

Description

In this song we will greet everyone by singing a simple and catchy tune together. The idea is to greet each other while singing and shaking hands in different ways.

You can choose to exchange the word 'hello' with 'good morning' (see score below) or any other word or phrase you or the group would like to say! You can translate the words to your own language if needed.

Score

The musical score is written on two staves in 4/4 time. The first staff contains the first four measures of the melody. Above the notes are the chords C7, F, C7, and F. The lyrics are: "I'd like to say good mor - ning__ good mor - ning__ good mor - ning__ I'd". The second staff contains the next four measures. Above the notes are the chords C7, F, C7, and F. The lyrics are: "like to say good mor - ning__ and shake your hands." The score ends with a double bar line.

Process

- Sing the song alone to the group, and at the end, shake the hand of your neighbor.
- Sing for the second time, and invite everyone to shake hands with their neighbors.
- Invite everybody to sing along.
- Study the melody and the words with the group, in a call-and-response. Place particular emphasis on the melody. Possibility: teach the melody without the words, just by singing 'la la la' or different syllables and sounds. Make sure everyone is able to follow and sing well, but don't single out people who cannot. Then add the words again.
- Stand up, and invite everyone to stand up as well. Sing it one more time standing up, and shaking hands.
- Move around the room while singing, with everyone, and then shake hands with the person that happens to stop in front of you. Every time you can shake hands with someone else.

1.1 HELLO SONG - “I’D LIKE TO SAY HELLO” cont’d.

Variations / Options

- Instead of walking around and greeting everyone, create smaller groups of 5-6 participants, who will sing the song in their circle, and then instead of shaking hands, grab a free hand with your right hand, and another with your left hand. This will create a mesh (and a mess!) of hands. See video for this variation.
- If you need more structured movement in the room: split the group in two. Put them in lines facing each other from far away. Then as they sing the song they walk towards each other, shake hands, and continue with their line to the other side of the room. Turn around, and sing again.
- Add movements to the song before the “shake your hand” part. Ask the participants for movements. Using these new movements, and split the group in two, where each smaller group performs other movements and watch each other.
- Change the “and shake your hand” with another text and movement that represents a greeting in your own culture / other cultures. For example, “and nod my head”, or “and bow to you”.

Video



<http://bit.ly/1Qn2nXs>

Goals

- Warm up the voice
- Start with movement and rhythmic development
- Create personal interactions between participants
- Create an atmosphere of playfulness





1.2 BODY PERCUSSION cont'd.

Process

- Show and play the rhythms, don't speak too much! Make sure everyone can see you. The best way is to stand in a circle.
- Get everyone's attention by clapping a simple rhythmical pattern that everyone can respond to.
- If not everyone is responding, repeat the same pattern until you have everyone's attention.
- Give attention to everyone in the circle. Invite them with your gestures to follow you.
- After using your hands to clap, start using other body parts, such as shoulders, feet, back, etc.
- Use the same rhythmic pattern with different body parts: explore the different sounds. This will be easier because the participants will already know the pattern.
- Now add your voice to the patterns: sing the rhythm with words or syllables. By using your voice it will be easier for some participants to remember and play the patterns.
- Establish two different patterns, and make sure everyone can follow them. Repeat each pattern a few times in a call-response.
- Split the group into two. First practice one pattern with one group, while the other group just observes. Then do the same with the other group, with the other pattern.
- Now start together.
- Exchange patterns between the groups.
- After they repeat the pattern 4 times, then comes the break: count to 4, and stop the group either with a big clap, or an extra bar of call-response.

Variations / Options

- Ask a participant for a pattern. Not everyone has to participate, but any participation is accepted: There is no wrong! That's the way to build trust and a feeling of safety.
- Repeat the participant's pattern. If possible put it into 4 beats, and ask the group to repeat. Encourage the participant! Show them that you are very pleased with their participation.
- If the group is advanced, you can split them into 3 or even 4 groups with 4 different rhythmical patterns.

Goals

- Warm up the body
- Start with rhythmic development
- Establish a feeling of 4 beats and maintain it
- Create an atmosphere of playfulness and acceptance



1.3 THE WATER DROP DANCE

Description

This is a movement activity, where we dance to a soundtrack. It starts with a short story about water / rain in order to create a context for the movement. This gives a motive for motion, an important aspect of our work: when there is a reason to move, participants will be more engaged and creative. The idea is to dance with a single drop of water and never drop it.

For this activity you will need a sound system or a speaker to which you can connect your phone / device preloaded with the track in the following audio link.

Audio



<http://bit.ly/1WSlJaZ>

Video



<http://bit.ly/1sybC0f>

Goals

- Allow ourselves to move freely in connection to the music
- Ignite the group's imagination and expression
- Create an atmosphere of playfulness

Process

- Start with a story: about washing yourself with only one drop of water. Why? Because we need to preserve water, so everyone on Earth will have enough water to drink and wash themselves.
- Play the music and show the movements, while encouraging everyone to follow you. Please refer to the video to see how you can balance one drop of water! You can use the same movements from the video, or create your own for this activity.

Variations / Options

- Ask the participants to show how they would balance one drop of water with their bodies. Use those movements in the dance: maybe during a second round!
- Play the music a second time, and let a participant lead the group for a while, then change to someone else. But only choose someone if they ask for it, not because the group points at someone. We invite participants to lead, never force them!

2. Interaction & Creativity



Here are some activities you can choose from for this part:

2.1 NAME GAME 1: MY NAME IS...

Description

In this game we work around the circle, each participant sings a short line with their name. Everyone else in the group responds with a welcoming line. The melody is simple enough for everyone to sing.

You should translate the song into your own language if needed. It's also possible to change the text according to a story (see video below).

Score

The musical score is written on a single staff in 4/4 time. It begins with a treble clef and a key signature of one flat. The melody consists of quarter notes. The first part, labeled 'solo', has the lyrics 'My name is Dan - ny,'. The second part, labeled 'group', has the lyrics 'wel - come Dan - ny join the club'. The score ends with a double bar line.

Video



<http://bit.ly/1O7Umrl>

In this video we placed this song in a context of a story where the participants were about to enter a boat and go on a trip in the sea. Therefore, they sing “enter the boat” instead of “join the club”.



2.1 NAME GAME 1: MY NAME IS... cont'd.

Process

- Be aware of your starting pitch - start high because the melody descends. Sing the whole song with your name.
- Now sing it in parts. Sing the first “solo” bar: “My name is Mickey”, and then tell the group that they respond with “Welcome Mickey, join the club.”
- Continue in the circle, invite the next person to sing their name, and invite the rest of the group to join by answering.
- If someone sings off-key, don’t stop them, encourage them to continue, and then sing the response in the original key. We do not know the reason why someone sings off-key, and therefore we do not try to correct. It might be an issue of hearing, or maybe stress, or shyness. In any case, we always accept every level of participation without judgement.

Variations / Options

- You can change the words (see video above), according to the context or story.
- You can also use this song at the end of the workshop to say goodbye (if it’s a small group).

Goals

- Every participant has the stage to express their name and personality through their singing
- Develop social interaction
- Learn the names of the other participants through music



2.2 NAME GAME 2: NAME RAP

Description

This is a more advanced name game, not suitable for young participants. Participants need to be able to spell out their name.

Score

solo
I'm a Mic key Mic Key Mic

group *solo*
key Mic key I'm a M I'm an I I'm a

solo
C I'm a K I'm an E I'm an Y I'm a Mic key Mic key Mic

group *next member* *group*
key Mic key I'm a Lu cy Lu cy Lu cy Lu cy. Lu cy.

Videos



<http://bit.ly/1YC1vkO>



<http://bit.ly/1sroAMB>



2.2 NAME GAME 2: NAME RAP cont'd.

Process

- Ask everyone to spell out their name. Give an example with your name: M-I-C-K-E-Y.
- Sing the first part: "I'm a Mickey, Mickey, Mickey." Then show the group that they have to respond with your name only: "Mickey!"
- Now sing the same part twice.
- Now sing the spelling of your name. "I'm an M, I'm an I, I'm a C, I'm a K, I'm an E, I'm a Y. I'm a Mickey, Mickey, Mickey!" And the group responds: "Mickey!"
- Now show everyone to stamp with their feet to keep the beat. Ask the next person in the group to rap their name. Help them if they get confused. Slowly the structure of the game will be established.

Variations / Options

- Have "rap duels": two participants enter the circle and rap their names one at a time. One starts, the group answers, the second continues, and the group answers, then they spell out their names together at the same time, then again the first one raps their name, the group responds, and then the second one.

Goals

- Every participant has the stage to express their name and personality through their rapping
- Develop social interaction
- Learn the names of the other participants through music



2.3 NAME GAME 3: NAME IN A BOX

Description

This name game is about movement and creativity, without vocals. Participants need to be able to spell out their name.

Process

- Show the group that you are building an invisible box around you. Then say your name and spell it out loud, say: “Mickey, M-I-C-K-E-Y”. Then draw the letters of your name inside your box with your body. Be creative! Use your head, hands, legs, shoulders, elbows, nose, etc. With each letter say it out loud, so the participants understand that you are drawing the letters of your name.
- Now do it again, but ask someone to keep a beat on a drum, stamp their feet, or clap. Now write your name again without saying the letters out loud, so that you move silently.
- Now build the invisible box again together with all the participants. So each participant will have an invisible box around them.
- Have the beat going, and invite everyone to start drawing their names in the box. Make sure it is done silently.
- Now split the group into two: one group will write their name, the other observes. This allows one group to enjoy a performance of the other, and for the other to feel they are performing.

Videos



<http://bit.ly/1W2n5kt>



<http://bit.ly/27zwtjx>

Variations / Options

- Show different sizes of boxes: a very small tight box where you can barely move; a very large box where you can really stretch out; a paired box with your neighbor!
- Play the beat with the drum, and change the tempo: faster or slower and see how the movements change with the beat.

Goals

- Every participant has the stage to express their name and personality through their movement
- Develop physical expression and creativity
- Increase confidence and social interaction through performance



2.4 MIRROR GAME

Description

Participants will work in pairs, mirroring each other's movements without touching each other, as if they are looking in a mirror. In every pair there is a leader and a follower, who switch roles with your cue.

Video



<http://bit.ly/1XzWoDb>

Process

- During this game you can play a musical instrument, or keep a beat with a drum, or play a slow music track. As long as the music plays, the game continues. When the music stops, each pair switches roles, leader becomes follower and follower becomes leader. After switching roles, you explain the next step. Perform each step for about 2 minutes.
- Ask a colleague to demonstrate each step before you ask the group to start.
- Step 1: the leader moves his right hand, the follower follows with his left. Switch roles.
- Step 2: the leader moves both hands, the follower follows with both hands. Switch roles.
- Step 3: the leader moves his right hand, the follower follows with his head, while his hands are held behind his back. Switch roles.
- Step 4: the participants are both leaders and followers at the same time! Lead with your right hand, follow with your head.

Variations / Options

- Split the group into two big groups. One group plays the game in the middle. The others watch in a circle around them. Play the game this way. It's nice for the participants to "perform" for their friends, and for the others to observe without doing. Switch!

Goals

- Every participant interacts with another, developing empathic connection
- Develop physical expression and creativity



2.5 1-2-3 DANCE!

Description

Participants will work in pairs, mirroring each other's movements without touching each other, as if they are looking in a mirror. In every pair there is a leader and a follower, who switch roles with your cue.

Video



<http://bit.ly/1V9oW5V>

Audio



<http://bit.ly/1WSslpE>

Process

- Start by asking everyone: who can count to 3? Everyone will shout it out. Now ask them to raise their hands. Then let someone say it, and congratulate them! Now repeat this process saying 1-2-3 while clapping all together (according to the tempo in the music).
- Then ask them if they know other languages. Explore different languages that your participants and you might know. Repeat 1-2-3 in the different languages with clapping (you will use this later) - to remember them all!
- Put on the music: The music has 4 bars of music, and then 1 bar of counting to 3. Immediately start by doing movements and invite the group to copy you. Continue to show different movements a few times, so to establish that it's possible to change movements and that there are many options.
- After the 3rd time we all clap 1-2-3, invite the next participant in the circle to lead the group by showing their own movements, and continue in the circle.

Variations / Options

- Give each participant the number 1 or 2, alternately. So they stand in the circle: 1,2,1,2,1,2,1... etc. Now when you start the game, numbers 1 and 2 start to do movements together, everyone in group 1 only follows number 1, and everyone in group 2 only follows number 2. Then the next numbers 1 and 2 take the lead, and so on! This will create a lot of confusion and a good laugh!

Goals

- Each participant can develop their self-esteem and confidence by leading the group
- Develop physical expression and creativity

3. Songwriting



Description

During this exercise the participants will come up with their own lyrics to a song about peace.

At the end the song will be recorded, even with simple devices, and uploaded to a facebook group (<http://mwb.to/SoundsOfPeace>), where all songs from around the world will be available.

When presenting this activity, tell the participants about the recording and sharing of the song, to create more excitement and motivation.

We will use a simple technique of acrostic lyrics using the word PEACE in your own language. It means that every line will start with the next letter of the word PEACE. So in English, we will have 5 lines for the song.

For example:

P *eace is there for everyone*

E *njoy peace, it is fun!*

A *ll humans, animals and trees*

C *an live in harmony and peace*

E *arth, moon and sun, let's sing as one!*



3. SONGWRITING cont'd.

Process

- Put up a large sheet of paper if available. Write the word PEACE in your language vertically.
- The song should be written in groups of no more than 20. If you have more than 20 participants and have a colleague, you can divide the group, and ask every subgroup to write their own lyrics to the song, with your colleague leading the process. So in the end you will have as many verses as subgroups.
- Start by asking for the first word of the song. Write down several options on the paper. The idea is to be creative with the first word of the song, and invite everyone to participate. This is a brainstorm session to help us continue with the song.
- Ask now for the first sentence, using any one of the first words that you wrote down. Depending on the group size and age, you can choose two ways to write the sentences:
 - a. Ask the group to work in pairs, and write the sentence; give everyone 1 minute to do so. Then ask who wants to share their sentence. After hearing everyone, make the decision yourself. The idea is that you are the leader and responsible to make decisions.
 - b. For younger children: ask the group as a whole for a sentence or words that you can put together to make up the sentence.
- After writing down the whole song, ask everyone to stand up, and help them to sing the song. It could be by giving them the first note of the song, or a first few notes and the beginning of a melody. Ask participants to continue. This is also done in a brainstorm fashion, where you motivate the participants to continue the melody and create the song together.
- Practice the song, add instruments if available.
- Record the song, and upload the lyrics and the recording to the facebook group: <http://mwb.to/SoundsOfPeace>

Variations / Options

- Instead of creating your own melody, you can use an existing melody or popular song. This can be helpful if the time is short, or when working with young children.

Goals

- Create connection between the participants through teamwork
- Give participants a sense of ownership and achievement

4. Closure



The idea is to have an activity that will feel like the end, saying goodbye, and giving compliments to each other. The closure is important for a sense of achievement, connectivity, and continuity.

4.1 PERFORMANCE

If you can find an audience to enter the space of the workshop, or move with your participants to a place where people can hear you, you can now perform the song to an audience.

4.2 GOODBYE SONG - “I’D LIKE TO SAY GOODBYE”

Description

We use the same song “I’d like to say Hello” (see activity 1.1), but change the words to “I’d like to say goodbye”. The familiarity of the song will create a sense of closure and comfort.

Process

- See activity 1.1 for the process of teaching and singing this song.
- In addition to *shake your hand*, we can add *wave my hand*, and other body gestures to say goodbye.

