

# DAY 10

## SING FOR YOUR SUPPER



Mafwa Theatre is a community theatre organisation working with refugees, asylum seekers and low-income communities in Leeds. Inspired by their most recent project 'Cooking with Parveen', this challenge is to make a song about food. Essential ingredients are a pen and paper, and your voice - loud and proud!

### Do

Think about your favourite food. Write a short line about it. Use this to start writing a call and response song about food, in any language. Here's an example:

Call: I said yum chicken-yum!

Response: yum chicken-yum

Call: I said yummy-chicken-spicy-chicken-spicy-chicken-yum!

Response: yummy-chicken-spicy-chicken-spicy-chicken-yum!

Your song should have at least 10 lines. The song can be in any language. Add a tune. You could use the tune of a song you already know. If you live with other people, teach the song to them.

### If you have more time...

Turn the pots and pans in your kitchen upside down and hit your new drums with different kitchen utensils to find the best sounds. Practice a simple beat. Add the beat to your song.

### Think

How does it feel to sing both alone and in front of others? How often do you sing? If it feels good, why not put music on every time you are preparing food in the kitchen?

### Share

Share your work in a way that suits you - online, or offline.

Search #CreateToConnect to see what others are up to.



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### Resources

Your voice!

