

# let's sing!

## Songbank resources

These songs can all be used in class, in assembly or by children at home. They can be used as videos or listening resources to complement and enhance PHSE topics, to generate discussion and reflection, and as starting points for extended work and activities. They all also directly support and underpin work on core values.

**One Voice - Brian May and Kerry Ellis:**

<https://www.youtube.com/watch?v=nd8ySMk5TUs>

**Themes and ideas:**

- Focus on the clear, simple, powerful lyrics of the song
- The importance and strength of our individual voice. One voice can make a difference.
- Think of examples of people who stood up and spoke out to make a difference; for example, Malala, Martin Luther King, Rosa Parks, Mother Theresa.
- The power and strength we find in working together.
- The power of singing itself to bring people together. How singing builds relationships and communities. Reflect on how singing together enhances our own school community and creates a positive environment. How does singing together make us feel?
- Focus on the clear, simple, powerful lyrics of the song
- The song was written by Ruth Moody of *The Wailin' Jennys* and has been recorded by a number of artists. Listen to and compare some of these other versions.

friendship  
compassion  
teamwork  
cooperation

***Reach out your Hand* - Hollie Williams and Bottle Top Music**

<https://www.youtube.com/watch?v=cFdYs9TvOIU>

**Themes and ideas:**

- Reaching out to others
- Being considerate, helpful, kind and compassionate
- How we can shine the light to brighten someone's day by being kind, helpful and friendly.
- Consider ways around school to ensure everyone feels welcome and included.
- Think about playground behaviour and including others in our games and groups.
- Playground songs such as *Bungalow* are a great development from this song
- Other examples of songs with sign language to enhance wellbeing and togetherness:

*True Colours*

*You are my brother*

**friendship**

**kindness**

**compassion**

### ***Change the World - Colby and Awu***

<https://www.youtube.com/watch?v=i-RRuJgf04>

This song is for One 4 Another Children's Charity whose mission is: *“Nurturing young minds through awareness, creativity, education and skills, empowering them to take their place in the world.”* <http://o4acharity.bitrix24.site>

#### **Themes and ideas:**

- A great example of combining song and rap. This something you could explore in singing assemblies and creative work.
- Working together, peace and unity
- Charity songs - Listen to other examples of singing together for charity such as *Bridge over troubled waters*, a collaboration of artists in aid of the victims of Grenfell. Think of other similar songs or events where songs have been used to inspire unity. Which charity would you sing to raise money for? Plan a concert and decide which songs to include

**tolerance**

**integrity**

**peace**

**compassion**

### ***Here to Love* - Lenny Kravitz**

[https://www.youtube.com/watch?v=tM\\_DQmzEOew](https://www.youtube.com/watch?v=tM_DQmzEOew)

*Here To Love (#fightracism)* was written as the theme song to the United Nations Human Rights campaign to fight racism and promote equality worldwide.

#### **Themes and ideas:**

- Thinking before we speak and act.
- Considering the feelings of others
- Considering the lives of others and embracing variety and diversity - we are all one world
- Unity and equality
- Segregation and inequality

**tolerance**

**respect**

**peace**

**integrity**

### ***You are not alone* - Emeli Sande**

<https://www.youtube.com/watch?v=-bQdBxfuHFU>

#### **Themes and ideas:**

- You are not alone!
- Being there for each other.
- Knowing there is always someone to help
- Exploring our common fears, worries and anxieties.
- Finding your voice and speaking out.
- Compassion
- Emeli Sande has written other songs which address Wellbeing. Listen to *Wonder* and *Extraordinary Being* and discuss and explore the issues raised

**resilience**

**kindness**

**compassion**

**courage**

## *I Was Here* - Beyonce

<https://www.youtube.com/watch?v=i41qWJ6QjPI>

### Themes and ideas:

- The importance of thinking about our actions and what we can do to make a difference in the world, however small.
- We all have the potential to help, be the change and make a difference
- Consider the importance of small acts of kindness such as smiling as well as current issues such as climate change and the environment.
- Respect and treating others as we would like to be treated.
- Find out more about *World Humanitarian Day*. What are the issues facing our world and our planet?
- Identity - what makes you unique? What kind of person do you want to be?
- How can we do our best? What does our best look like?
- Quotes to consider in your discussions:
  - *'How wonderful it is that no-one need wait a single moment before starting to improve the world'* Anne Frank
  - *'If you can't feed a hundred people then just feed one'* Mother Theresa
  - *'I am only one, but I am one. I cannot do everything but I can do something'* Edward Everett Hale

responsibility

initiative

pride

independence

courage

**Unity - Alan Walker**

<https://www.youtube.com/watch?v=9DSMgVG0--8>

**Themes and ideas:**

- Being there for each other
- Friendship
- Shining a light for each other. When do we need to help and guide others?
- Exploring feelings of loneliness and sadness
- Knowing who to turn to for help

**friendship**

**kindness**

**compassion**



***Home Again* - Michael Kiwanuka**

<https://www.youtube.com/watch?v=kJ4s3G7hgR4>

**Themes and ideas:**

- Having hope and strength in times of trouble.
- What or who do we look to in times of trouble?
- Looking forwards to the future.
- Looking at symbols of hope: silver linings/clouds/rainbows/
- *Home again* - consider the meaning of the title - the idea that we can always come back to a better place even if our path takes us off track
- Consider different faiths

**positivity**

**confidence**

**determination**

**hope**

**resilience**

***Blowing in the Wind*** - as sung by **All Angels**

<https://www.youtube.com/watch?v=3FaCrV0E9uo>

Written by Bob Dylan in 1963 *Blowing in the wind* is described as a protest song which poses questions about peace, war and freedom.

**Themes and ideas:**

- Consider and discuss the refrain *The answer my friend is blowing in the wind* and what it might mean.
- Protest songs are associated with a movement for change. Look at other examples of protest songs within the context of history such as *War* by Edwin Starr, *Give peace a chance* by John Lennon and *Get up, stand up* by Bob Marley.
- Explore the power of singing. How do songs bring people together?
- Listen to the original song by Bob Dylan and compare the two versions. What musical differences do you notice? Listen to other songs that have been recorded by different singers or groups.

peace

compassion

determination

integrity

## ***If You're Out There* by John Legend**

<https://www.youtube.com/watch?v=tEAu5TFaUpE>

### **Themes and ideas:**

- Discuss the lyric *I searched for a leader but the leader was me* - how can we all take responsibility? What can we do to play our part? How can we set an example to others?
- Rights and Responsibilities: When do we need to stand up and speak out? What values are important to us to stand up for?
- Extend the discussions to current issues of climate change and the environment
- For older children extend to include work on Human Rights, Civil Rights and the work of Amnesty International
- Possible books related to this: *I have the right to be child* by Alan Serres and *We are all Born Free: The Universal declaration of human rights in pictures* by Amnesty International
- Look at the lyric *We've been looking for a song to sing* - which other songs do you know/can you sing that bring people together?
- Look at the lyrics for *Imagine* by *John Lennon* for a similar theme and message and think about how singing brings people together and unites communities.

**peace**

**compassion**

**unity**

**self belief**

**friendship**

## ***Let there be Peace on Earth* by Vince Gill**

<https://www.youtube.com/watch?v=HPH4LRASWbo>



### **Themes and ideas:**

- Respecting our differences: explore faith, religion and prayer around the world
- Look at the lyric *Let it begin with me* - How can we all make sure we demonstrate kindness and compassion to those around us? What does kindness look like at home, in the classroom, in the playground?
- How can we all take individual responsibility for making sure ours is a happy and peaceful environment? What can we do in our school to ensure everyone feels safe and at peace?
- Look at examples of people who have campaigned for peace such as Desmond Tutu, Mahatma Gandhi, Mother Theresa and Malala amongst others who have made a difference and been awarded the Nobel Peace Prize
- The image at the top of the page is the famous *Dove of Peace* by Picasso, chosen as the emblem for the First International Peace Conference in 1949. Try designing your own symbols for peace and friendship
- How can we look after ourselves and our own wellbeing? Think about healthy living and personal safety. Extend this to discuss issues such as internet safety and anti bullying

peace  
compassion  
equality  
respect  
cooperation  
tolerance

***Lift Up Your Voice and Sing*** by James Weldon Samuel, sung by **Committed**

<https://www.youtube.com/watch?v=ngFDy52eCZY>

This was first written as a poem by James Weldon Samuel and was set to music by his brother, John Rosamond Johnson. The song was performed for the first time in celebration of President Lincoln's Birthday, on February 12, 1900, by 500 school children in Jacksonville, Florida. Today it is one of the most famous and popular songs of the African American Civil Rights Movement.

**Themes and ideas:**

- James Samuel said that: the *'school children of Jacksonville kept singing it; they went off to other schools and sang it; they became teachers and taught it to other children'*. Can you think of songs you sing that have an important message and might be passed on to others?
- Lyrics for songs can be very powerful. Next time you are singing or listening to a song, make a point of really concentrating on the lyrics. What is the message or the story? Try to pick out important words or phrases
- Make up your own lyrics for a song based on something that you feel strongly about

**pride**  
**respect**  
**unity**  
**integrity**  
**hope**  
**equality**

## *Lift Up Your Voice and Sing (cont.)*

### **More themes and ideas:**

- Poems are often used as lyrics for a song. Can you choose a poem which you could make into a song. Which part would you use for the chorus?
- The song is about hope and faith and being strong. Think about and discuss these lyrics:
  - Sing a song full of the faith that the dark past has taught us,*
  - Sing a song full of the hope that the present has brought us.*
  - Facing the rising sun of our new day begun...*
- What are your dreams for the future? Think about yourself/your family and friends and the wider world and environment

**pride**

**respect**

**unity**

**integrity**

**hope**

**equality**

*Tomorrow* by Charnin and Strouse, sung by Marisha Wallace

<https://www.youtube.com/watch?v=BcEzm8c8iYA>



perseverance

courage

resilience

positivity

hope

self-belief

### Themes and ideas:

- How can we stay positive when things upset us and get us down? When you are *stuck with a day that's gray, and lonely* what can you do to be positive and move forward?
- Martin Luther King said “*So even though we face difficulties of today and tomorrow, I still have a dream*”. Discuss how we can be strong and positive even when things seem tough. Who can we speak to? How can we help each other? How can we work together?
- The swallow in the picture above is seen as a symbol of hope, as it is among the first birds to appear at the end of winter and the start of spring. Find out about other symbols of hope - you could even make up your own – and create a collage
- Explore events through history when people have joined together to overcome difficulties and struggles. Find out about people whose hope and strength inspired change and made a difference, such as Rosa Parks and Desmond Tutu
- Can you think of a time you have helped a friend in need or a time when you have needed a friend. How can we be there for others and make sure everyone is made to feel welcome?

**Rise Up** by Andra Day, sung by Vocalight

<https://www.youtube.com/watch?v=UY238AvQyKY>

### Themes and ideas:

- What are the qualities of a good friend? Create a collage of *Friendship*. Include words and pictures and perhaps even include some of your own photos
- Sharing a problem and working together can often make things seem easier and give us hope and strength. Sometimes a smile, a helping hand and a kind word can make someone's day. Can you think of a time when you have needed to be a good friend? How do you show that you care and that you are there for someone?
- Think of a good friend or family member. List their special and positive qualities and think about what makes them an important person in your life
- Listening is an important part of friendship. Do we always listen as carefully as we could? Practise really listening. Wherever you are, for two minutes just sit completely still and close your eyes. Listen to the world around you. Afterwards write down all the different sounds you heard.
- When you are listening to a song or a piece of music really open your ears. Listen out for particular features then describe what can you hear. Try creating a picture, poem or story inspired by the music.

friendship

trust

hope

compassion



***(Something Inside) So Strong*** by Labi Siffre, sung by Bala Brothers

<https://www.youtube.com/watch?v=7DdfOlcUse8>

Written in 1984, this well-known protest song was inspired by a television documentary about *Apartheid* in South Africa and has been used by *Amnesty International* who campaign for *Human Rights*.

#### **Themes and ideas:**

- Nelson Mandela was awarded the Nobel Peace Prize in 1993 for his work to end apartheid. Find out more on *BBC bitesize*:  
<https://www.bbc.co.uk/bitesize/topics/zjkj382/articles/zj3p8xs>
- In 2014, Malala became the youngest recipient of the Nobel Peace Prize, awarded for her advocacy for the education of women and children.
- Think about the title of the song *(Something Inside) So Strong*.
  - What do you believe strongly in?
  - When is it important to stand up for rights and make your voice heard?
  - When do we have to make the right choices?
  - When can it be difficult to show courage and conviction?
- How does learning about *Values* help us understand our rights and responsibilities.

resilience

respect

equality

determination

courage

*(Carry Me Home by Ward Thomas*

<https://www.youtube.com/watch?v=LQ6TU5Uxzlo>



### Themes and ideas:

- This song reminds us that we all need a friend at times. In times of trouble or sadness who are you able to turn to?
- Think about someone who has been a good friend to you. Describe them or draw a picture. What qualities do they have that make them a good friend?
- Many songs have been written around the theme of friendship. Look some of them up and compare the lyrics. Can you make up your own lyrics for a song about Friendship. Who would you dedicate your song to and why?
- Check out these examples of friendship songs in films: *You got a friend in me*, from Disney's *Toy Story*; *That's what friends are for* from *Jungle Book* and *Whistle down the Wind* from *Whistle down the Wind*.
- The symbol above is the Japanese sign for Friendship. Can you draw it? Look up the symbols for Hope, Peace, Unity and Respect. Create a collage.
- The *International Day of Friendship* is a *United Nations* day that promotes the role that friendship plays in promoting peace in many cultures. This year it is on Sunday 2<sup>nd</sup> August; think of a way you can celebrate this day.

friendship

trust

kindness

compassion

hope

## ***Sing* by Pentatonix**

<https://www.youtube.com/watch?v=Yc7-krRX8uA>

### **Themes and ideas:**

- This song celebrates singing as a way of overcoming the bad times and enjoying the good times. Singing is good for your heart, soul and general well-being and has a positive effect on our mental health and happiness.
- Across generations and traditions, people have always sung together; in celebration, praise, on special occasions, or simply as a part of daily activities, Singing together is inspiring and enriching and can bring real joy. Think of all the occasions, places and times where people sing together.
- In 1939, at the start of World War II, schools across the country tuned in to the radio every Monday morning at 11am for a new BBC programme called *Singing Together*. For children around the country, many of whom had been evacuated, *Singing Together* gave them the opportunity to feel as though they were part of a group, connected through a shared joy of singing. Celebrate singing by choosing your favourite songs and having a good sing-a-long. Invite people around you to join in. Make sure you add some funky dance moves!
- Find out how to say or write *SING* in as many different languages as you can. Create a *Word collage* with plenty of colour and decoration.

**positivity**

**self-belief**

**joy**

**kindness**

**resilience**

# other resources

## **Out of the Ark Music @Home**

<https://www.outoftheark.co.uk/ootam-at-home/>

## **BBC 10 pieces**

<https://www.bbc.co.uk/programmes/b0647v1v>

## **Sing Up at Home**

<https://www.singup.org/singupathome/?endbutton>

## **Minute of Listening**

<https://www.minuteoflistening.org/>

## **Voices Foundation Singing Assemblies**

<https://www.youtube.com/playlist?list=PLhjzi-p3BAmSlwL1CePY0wqV1GllzZ84h>