

Creativity Prompt

WRITE YOUR OWN ANTHEM

Description

Take this time at home to focus on what's important for you by writing your own lyrics to a well-known silly tune.

Goal

To lighten the mood, encourage cooperation, and spread a little laughter, joy and creativity.

Time to Complete

5 to 15 minutes

Number of Participants

You can do this on your own or in a group.

Materials

Pen and paper

Instructions

Choose a familiar melody and hum it or listen to a sample to remind yourself of the tune. We used "Baby Shark" for this example.

What are some sounds you love, sounds you love to make, or sounds you love to experience with friends or family? Make a list. If you're doing this in a group, each person should come up with a list.

Examples:

Laughing (ha ha ha), Cat's meowing (meow meow meow), dogs bark (woof woof woof),
Singing (la la la), Gaming sounds (boop boop boop), typing sounds (click click click), etc.

Make a list of things that are important to you. If you're alone, you can do one for yourself, and imagine some for a friend or family member and your pets. If you are doing this with a group include everyone's responses.

Examples:

Gwenna: Empathy, Kindness, Trust, Friendship
Hildy (Gwenna's Cat): Sleeping, cuddles, playing, treats

Continued on back

Write a verse together for each person on your list using the words of things that are important, and the sounds following the model below;

Example:

Gwenna sings (la a la la la la)

All day long (la la la la la la)

She is kind (la la la la la la)

And loves her cat.

Hildy talks (meow meow meow meow meow meow)

And she purrs (meow meow meow meow meow meow)

She wants snacks (meow meow meow meow meow meow)

And plays all day.

Create a verse for each person or animal.

Sing all the verses! Call or FaceTime someone and sing them the verse you wrote for them!

Optional Add On

Change the song to another beloved tune. Songs that are repetitive and simple, like lullabies, make great song selections!

Sharing Suggestions

Share your poem with us in the comments on Facebook, or via a tagged Instagram story.