

One moment

One people

sing up day  
13 March

Pupil Pack





# WELCOME

We are delighted that you're taking part in Sing Up Day. This year's celebration is all about working together and building authentic connections with each other. Singing together is powerful and inclusive, so we hope everyone will take part in Sing Up Day. All you have to do is sing as much as possible on Wednesday 13 March 2019 – and enjoy it! Help us share the power of singing and spread community spirit.

In this Pupil Pack, you will find a series of independent activities, suitable for 4 – 11 year olds that use the lyrics and theme of the song as inspiration. The activities are designed to be adaptable to different ages and abilities.

In the accompanying Vocal Leader Pack, you'll find everything you need to get your whole school or choir singing and to make your celebration sparkle, including

quick tips, performance advice and an Assembly Plan. Head to [singup.org/SUDresources](http://singup.org/SUDresources) to download the pack.

For additional interactive resources like our lyric and BSL videos for *One moment, one people*, or the Assembly PowerPoint presentation, visit [singup.org/singupday](http://singup.org/singupday).

As ever, have a wonderful day and be sure to share it with us, via Twitter, Facebook, YouTube and Pinterest.

All the best,  
The Sing Up Team

Enjoy singing all year round with Sing Up Membership. Find out more at [www.singup.org/membership](http://www.singup.org/membership)

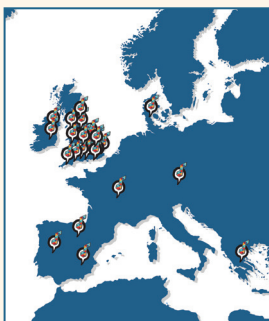
## What other Sing Up Day resources are available?

Head to [www.singup.org/SUDresources](http://www.singup.org/SUDresources) where you will find:

- A link to download *One moment, one people* tracks and scores
- A Vocal Leader Pack
- A BSL video for *One moment, one people*
- Lyric videos for *One moment, one people* (with both performance and backing tracks)
- A PowerPoint presentation to accompany the Assembly Plan in this pack
- A Sing Up Day playlist

Plus, more ideas to help you celebrate Sing Up Day.

## The world keeps getting kinder singing out side by side



Let our international community of singers know that you're taking part this year.

Add your event to our map at [www.singup.org/SUDMap](http://www.singup.org/SUDMap).

## Every heartbeat drums together and fills up with pride

Join schools around the world in our 2019 video Digichoir. Last year we received over 100 videos from across the world – can you help us beat that number? You'll need to record your singers on Sing Up Day performing *One moment, one people* (landscape video from a mobile phone works perfectly) and send the footage to [magazine@singup.org](mailto:magazine@singup.org).

## Come and join the band

Join the conversation on Sing Up Day and let us know how you're celebrating. Share your posts with **#SingUpDay** so that we know you are singing with us. We'll reshare your photos, videos and stories.

 **SingUpTweets / @SingUpTweets**

 **SingUpFanPage / @Sing Up**

 **singuppins**

 **singup**



# CONTENTS

This page gives an overview of the activities in this pack and includes tips and challenges for the adult/teacher/vocal leader to accompany the child-led activities.

Feel free to adapt and differentiate the activities depending on your pupils and setting.

## 4 IF YOU FEEL DIFFERENT, WE WILL TAKE YOUR HAND

This activity encourages pupils to think about ways in which they can be kind to others by deciding on an action that makes people feel included and writing it in the hand template, e.g. inviting them to join in games, sitting with them at lunch, etc.

**Age:** 4 – 7

**Teacher's tip:** Draw on children's experiences here, helping them to remember times when someone has done something kind for them. Use this as inspiration for pupils to decide on their own.

**Have a go:** Make a display of all the hands as a way of celebrating all the ways in which pupils in your school reach out to others and make them feel included.

## 5 'SINGING MAKES MY HEART FEEL JOYFUL'

Take a moment to consider how singing makes us feel by asking pupils to complete statements with words or images, such as 'singing makes me feel...' 'My favourite song to sing is...'

**Age:** 5 - 11

**Teacher's tip:** Use a hand-held device to record pupils' answers to the questions before doing any writing. Play this back to prompt pupils as they complete the activity.

**Have a go:** Ask staff and wider members of the school community the questions too about how singing makes them feel and their favourite songs, capturing how the whole school community is impacted by singing.

## 6 THE ROOM KEEPS GETTING BRIGHTER AS WE SHINE A LIGHT

A word search with words that can be found in the lyrics of the song *One moment, one people*.

**Age:** 5 – 11

**Teacher's tip:** Using the BSL video and the internet (or staff who know BSL or Makaton), see how many of the words from the word search pupils can learn the signs to.

**Have a go:** Sign the lyrics altogether and then have a go at singing and signing at the same time.

## 7 EVERY HEARTBEAT DRUMS TOGETHER AND FILLS UP WITH PRIDE

This activity asks pupils to recognise someone in their class for doing something that they can be proud of and to make a rosette for them. It encourages pupils to see the positive in each other and to celebrate one another's successes and acts of kindness, e.g. I'm proud of you for being patient and waiting your turn on the playground equipment.

**Age:** 5 – 11

**Teacher's tip:** To ensure that everyone receives a rosette you could allocate pupils to one another or spread this activity out, collectively choosing one pupil at the end of each day to receive the recognition.

**Have a go:** Model this by choosing another member of staff to recognise, explaining why you are proud of them. The more specific and detailed the reason, the greater and more personal the feeling of pride will be.

## 8 THE WORLD KEEPS GETTING KINDER, SINGING OUT SIDE BY SIDE

This call to action asks pupils to make a poster about ways in which they can be kinder to the world and the people in it. It could be ways of being kind in school, at home, online or to the environment.

**Age:** 7 – 11

**Teacher's tip:** Encourage pupils to think about not only their own lives but also the wider world and about the difference they can make. How might their kindness multiply? (Pay it forward, random acts of kindness, etc.)

**Have a go:** Challenge pupils to do something kind for someone else, without being noticed (e.g. taking their lunch tray, sharpening their pencil for them, putting their rubbish in the bin).

## 9 IF YOU ARE LOCKED OUT, I WILL BRING THE KEY

Focusing on the metaphor of being locked out, this exercise encourages pupils to think about how their actions impact on others, and ways in which they can make someone feel included.

**Age:** 8 – 11

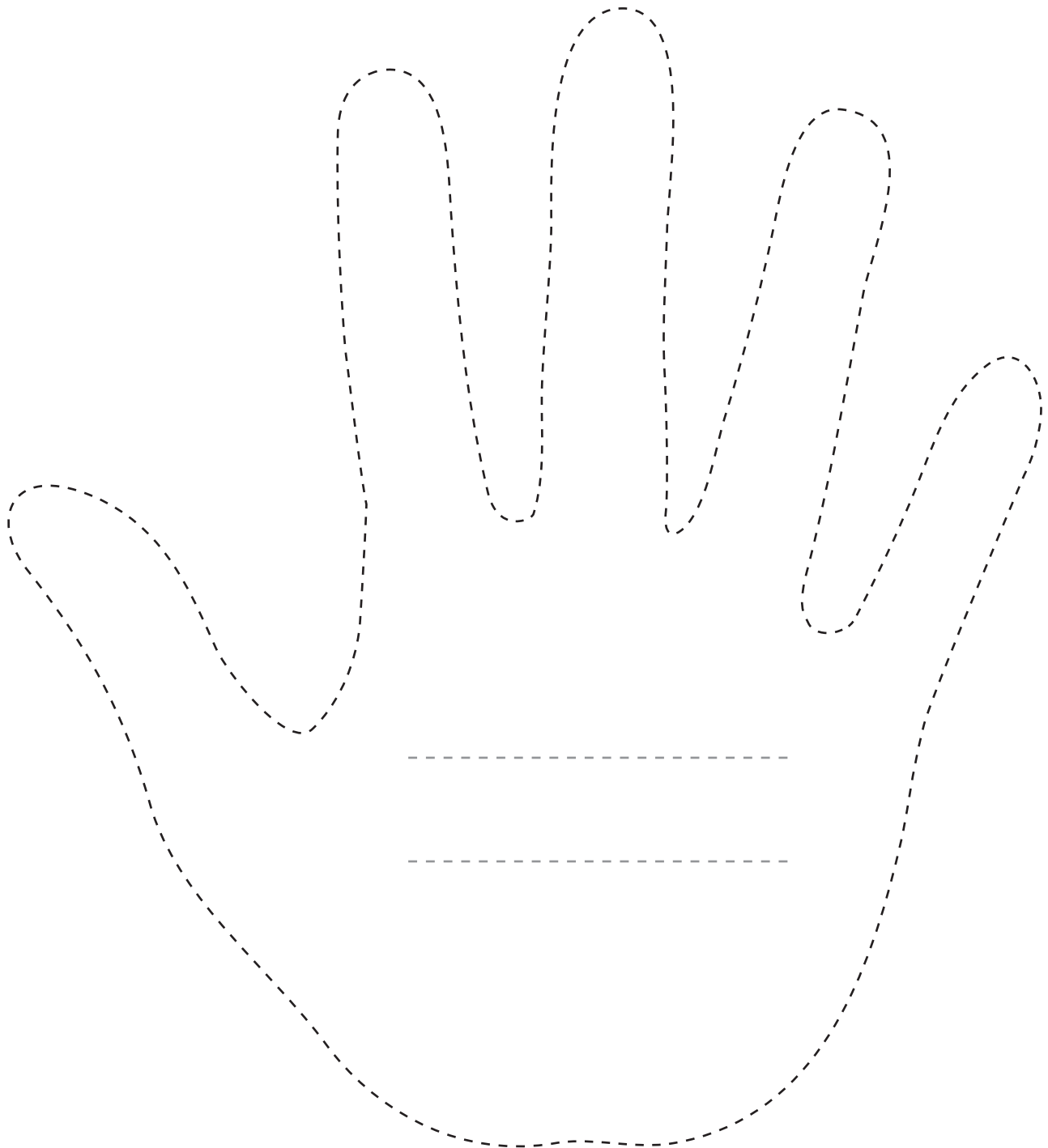
**Teacher's tip:** This is a great opportunity to facilitate discussion about how and why pupils' actions matter. How does their behaviour impact on others? This activity asks them to write some actions that they will take this week to make someone feel included.

**Have a go:** What other metaphors could be used to signify patience, kindness etc? Have pupils create their own e.g. If your sky is overcast, I'll be your sunshine.

# If you feel different, we will take your hand

**Everyone can do something simple to make another person's day better and to help them feel included**

**Instructions:** Draw around the template of the hand below and decorate the space around it. Write inside the hand things you could do to make someone feel included, e.g. invite them to join in your game, sit at the lunch table with them, smile at them. Afterwards, decorate the hand and the space around it.



# Singing makes my heart feel joyful

**Singing is a great way to lift your mood**

**Instructions:** Write and draw in the boxes to complete the statements below.

**This is me singing at school:**

**This is who I like to sing with:**

Singing makes me feel .....

My favourite song to sing is .....

I sing when I am .....

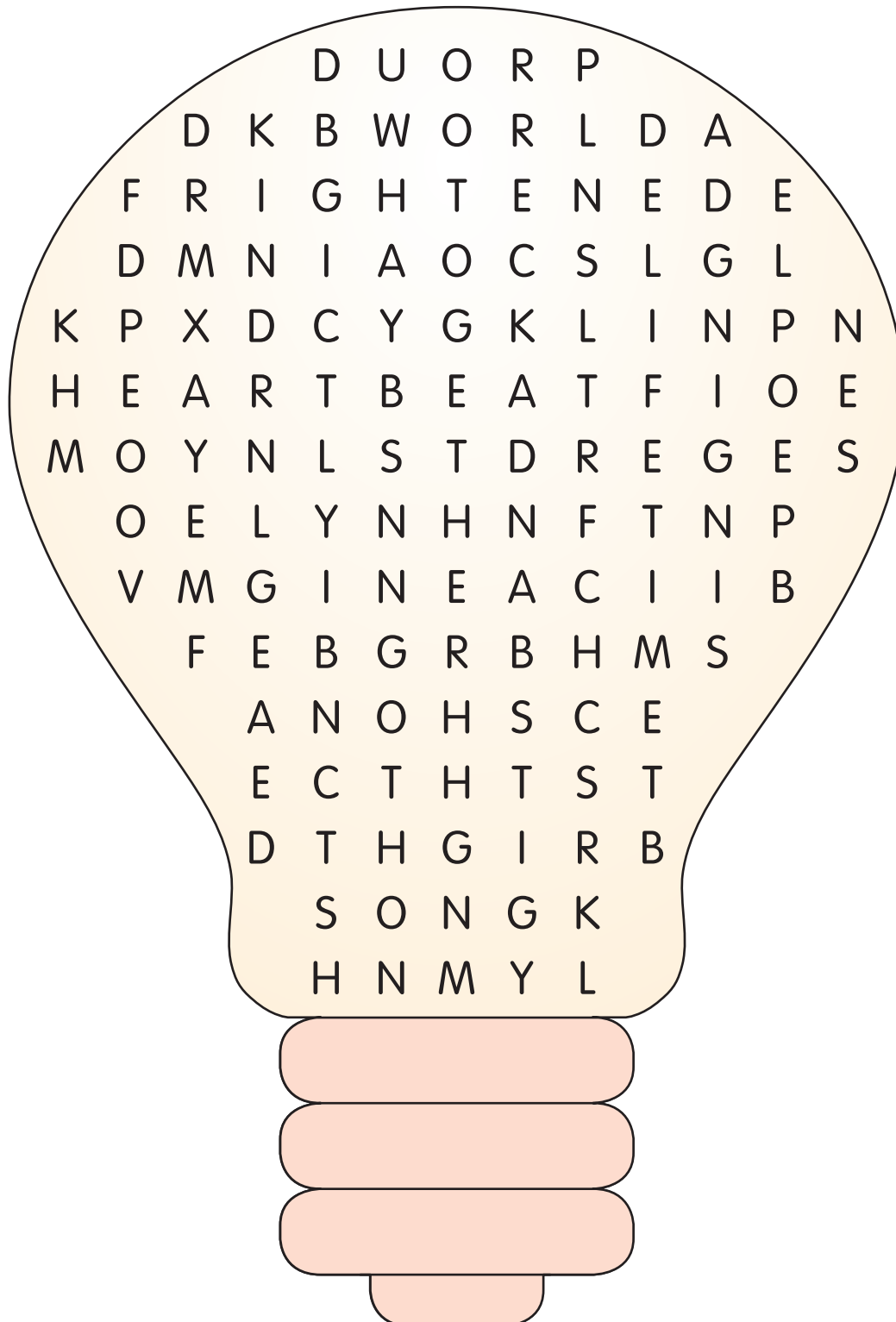
Singing makes me think of .....



# The room keeps getting brighter as we shine a light

Do you know all of the lyrics to the song *One moment, one people*?

**Instructions:** Complete the word search below. As you find the words, think about what they mean and where you can find them in the Sing Up Day song *One moment, one people*.

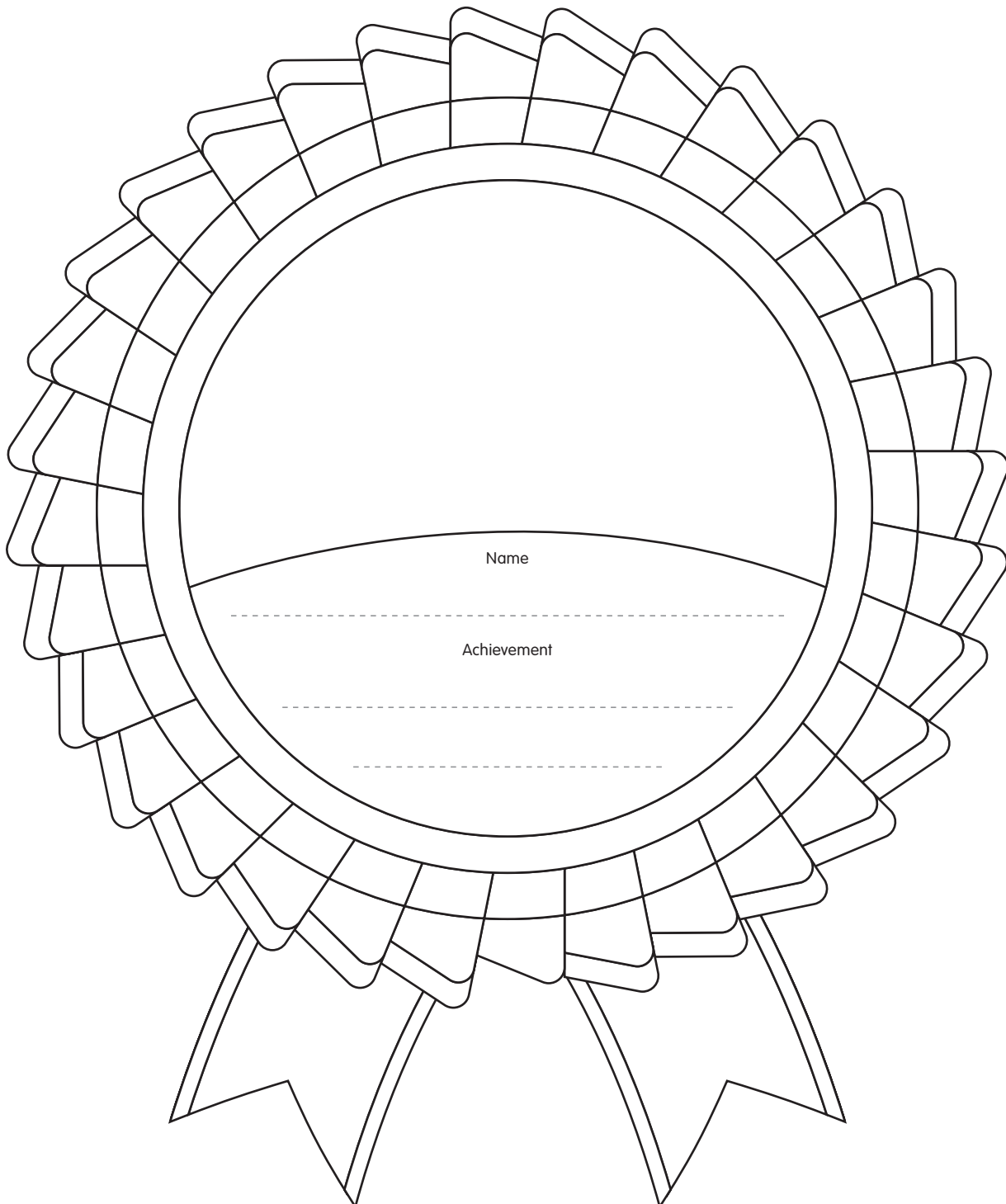


- WORLD
- SINGING
- MOMENT
- LIFETIME
- PEOPLE
- SONG
- FRIGHTENED
- BAND
- HEARTBEAT
- PROUD
- KEY
- SHINE
- BRIGHT
- TOGETHER
- LIGHT
- KIND

# Every heartbeat drums together and fills up with pride

**And we're growing strong together, singing out side by side**

**Instructions:** Design a rosette to give to someone in your class. What have they done that makes you proud of them? E.g. trying a harder book, being patient and persevering when climbing the rope in P.E., letting someone else have a turn on the swing etc.  
Tell the class and then present them with their rosette.



# The world keeps getting kinder, singing out side by side

**Instructions:** Make a poster that reminds people about ways in which they can be kinder to the world and the people in it. It could mention ways of being kind in school (sharing what we have with others), at home (being patient with a sibling), online (being respectful to others), or to the environment (using recyclable materials), etc.



Act of kindness

sing up



# If you are locked out I will bring the key

**How can we make sure that people don't feel locked out?**

**Instructions:** In pairs, discuss what metaphors are used in *One moment, one people*. Does the songwriter mean literally being locked out? Why might people feel locked out and in what way can you make someone feel welcome and included? E.g. offering to show someone around school if they are new, sitting with someone different at lunchtime, etc.

On the keys below, write out actions you will take this week to make someone feel included.

