



Ex Cathedra  
Sing   
Maker



www.excathedra.co.uk  
@maker\_sing  
@Ex Cathedra-Singing Playgrounds

SingMaker interactive films

Session notes

**Week 7 – We’ve Got the Power written by Sarah Batten, Naomi Berry, Steve Davis, Rebecca Ledgard and arranged by Rob Challinor**

**Warm up with Hello, hello everyone**

### Teacher Notes

We’ve got the power to sing a happy song. We’ve got the power to move and dance along. We’ve got the power to be all we can be.’ ‘I get my power from....’

One of the central values of our SingMaker repertoire is that we enable children’s ideas and individual voices so that together we can complete the songs with the children, when we are with them, changing our music as we go, as they are responding to the music. We also encourage children to move and be exuberant as they sing.

We’ve got the Power was written by our team for our Singing Medicine project because when children are in hospital it is really important that they are given the opportunity to make decisions through play. We adapted the song for SingMaker, and use it in our live workshops as a way to encourage children to be playful and move freely, as well as involving them in the music-making by incorporating their ideas on how they get their power. Perhaps it is from singing with their friends, perhaps it is from dancing, or climbing a tree, or maybe kicking a ball.

In this little film we set up the ideas singing about where we get our power from and then we leave spaces for children to sing where they get their power from.

We would be delighted to see children’s responses to our songs. Perhaps they might draw and send pictures of the statements about where they get their power from.

[education@excathedra.co.uk](mailto:education@excathedra.co.uk)

### Children Notes

Where do you get your power from? We get our power from singing with our friends. Perhaps you get your power from kicking a football, or eating ice cream or sharing a book.

Have a listen for what we like to do with our friends and then when we ask you sing to us ‘I get my power from....’ You tell us! We’d love to see your responses so please send us drawings of you and your power activity.

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What did you think of this song? Don’t forget to come back next Monday where we will introduce you to the next song, have a lovely week and keep singing.

Ex Cathedra SingMaker team