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VOICES OF HOPE

A Black History Celebration

Activity Guide
West African Rhythm & Dance

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Guinea

Guinea, previously recognized as French Guinea, was a part of French West Africa until it achieved independence in 1958. Now, Guinea is a sovereign nation in West Africa, located on the Atlantic coast and bordered by six other countries - Guinea-Bissau, Senegal, Mali, Cote d'Ivoire (Ivory Coast), Liberia, and Sierra Leone. The climate of Guinea is tropical with two alternating seasons—a dry season (November through March) and a wet season (April through October). Its capital is Conakry, and the country has three of West Africa's most major rivers - the Gambia, the Niger, and the Sénégal – rise within it. Natural resources are plentiful in addition to its hydroelectric potential, Guinea possesses a large portion of the world's bauxite reserves and significant amounts of iron, gold, and diamonds. Nonetheless, the economy is largely based on subsistence agriculture. Subsistence agriculture is when farmers grow food crops primarily for the purpose of community survival, as opposed to for business.



Guinean Traditional Percussion Orchestra

In Guinea, singing, dancing, and playing music are all a part of everyday life. The most important family of instruments for African music is percussion, commonly called drums. A Guinean traditional percussion orchestra is usually composed of 1 to 3 Double-sided drum (Doundoun) players, a few Djembe drum players for accompaniment, and one Djembe soloist. Each double-sided drum is usually played horizontally with a wooden stick.



The **Dununba** drum is the largest of the drums and has a deep, low pitch.

The **Sangban** is the mid-sized of the three and has an average sounding pitch.

The **Kenkeni** is the smallest of the drums and gives off a higher pitch sound.

Djembe

A **Djembe** is a rope-tuned skin-covered goblet drum played with bare hands and originates from West Africa. The name of the djembe comes from the saying “everyone gather together in peace,” reflective of the drum’s purpose.

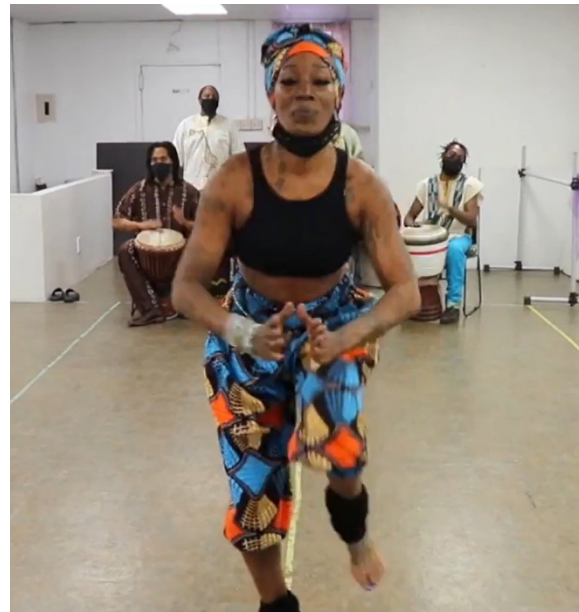
A set of musical calls/breaks, as well as specific drumming pattern phrases, are used to signal beginnings, changes, and ends for the dancers and players in a specific rhythm. Most rhythms have a complex mix of “off-beat”, which makes them a real challenge to play correctly and even harder to do in good synchronization between all musicians. Proper timing and synchronization are very important to succeed in playing Guinean rhythms properly. Drumming rhythmic patterns become a language between dancers and the drummers.



Sinte Dance

The **Sinte dance** originates from the Boko region in the northwest area of Guinea, where the Nalu people have lived since ancient times. It was originally performed in preparation for the initiation of the young. The adults would dance to inform the young people of some of the trials they may encounter as they mature.

Over time, this rhythm has become very popular because of its melody and the diversity of the movements. Sinte was played by women on large carved wooden drums called krins until the 1980s. It has since been adapted to the Djembe and dundun drum orchestra. Once done for girls’ rites of passage, it is now also done all year round for many occasions, including full moon celebrations.



<https://www.youtube.com/watch?v=goDOWDJYyX4>

Makun Lullaby (Bambara)

Makun makun Bebe o makun
Makun makun Bebe o makun sa
Mun de kera Bebe la makun
Fosi ma ke Bebe la makun sa
Mun de kera Bebe la makun
Kongo de be Bebe la i makun sa.

Makun makun Bebe o makun
Makun makun Bebe o makun sa
Mun de kera Bebe la makun
Fosi ma ke Bebe la makun sa
Mun de kera Bebe la makun
Kongo de be Bebe la i makun sa.

Don't Cry Lullaby (English)

Don't cry, don't cry, my baby don't cry.
Don't cry, don't cry, my baby calm down.
What happened to my baby? Here, calm down.
My baby has nothing. Don't cry, calm down.
What happened to my baby? Here, calm down.
My baby is hungry. Don't cry, calm down.

Don't cry, don't cry, my baby don't cry.
Don't cry, don't cry, my baby calm down.
What happened to my baby? Here, calm down.
My baby has nothing. Don't cry, calm down.
What happened to my baby? Here, calm down.
My baby is hungry. Don't cry, calm down.

Sources

<http://www.alpharhythmroots.com>

<https://www.britannica.com/place/Guinea>

<https://kids.britannica.com/kids/article/Guinea/345700>

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Word Search

R	G	U	I	E	K	J	N	B	B	D	E	E	E
I	A	N	N	L	I	A	U	S	E	E	I	M	N
N	K	D	U	N	U	N	B	A	B	U	E	A	B
D	U	L	A	D	G	E	D	D	B	S	D	M	N
J	N	U	U	U	N	S	I	N	R	K	D	M	N
E	U	N	E	A	B	D	D	N	I	K	R	U	B
G	K	A	N	E	E	B	A	L	E	U	B	R	N
U	T	I	E	E	O	D	N	N	B	K	A	D	L
I	N	E	A	I	E	J	E	G	C	D	N	E	E
N	N	A	R	T	U	E	E	L	D	E	B	E	K
E	U	D	N	D	E	M	T	N	N	N	B	K	K
A	I	I	E	A	T	B	E	N	U	E	B	O	N
U	S	K	B	N	M	E	E	G	L	N	C	B	A
B	S	A	N	G	B	A	N	E	E	N	A	L	U

Play this puzzle online at : <https://thewordsearch.com/puzzle/1891617/>

GUINEA

DJEMBE

DRUM

DANCE

SINTE

DUNUNBA

KENKENI

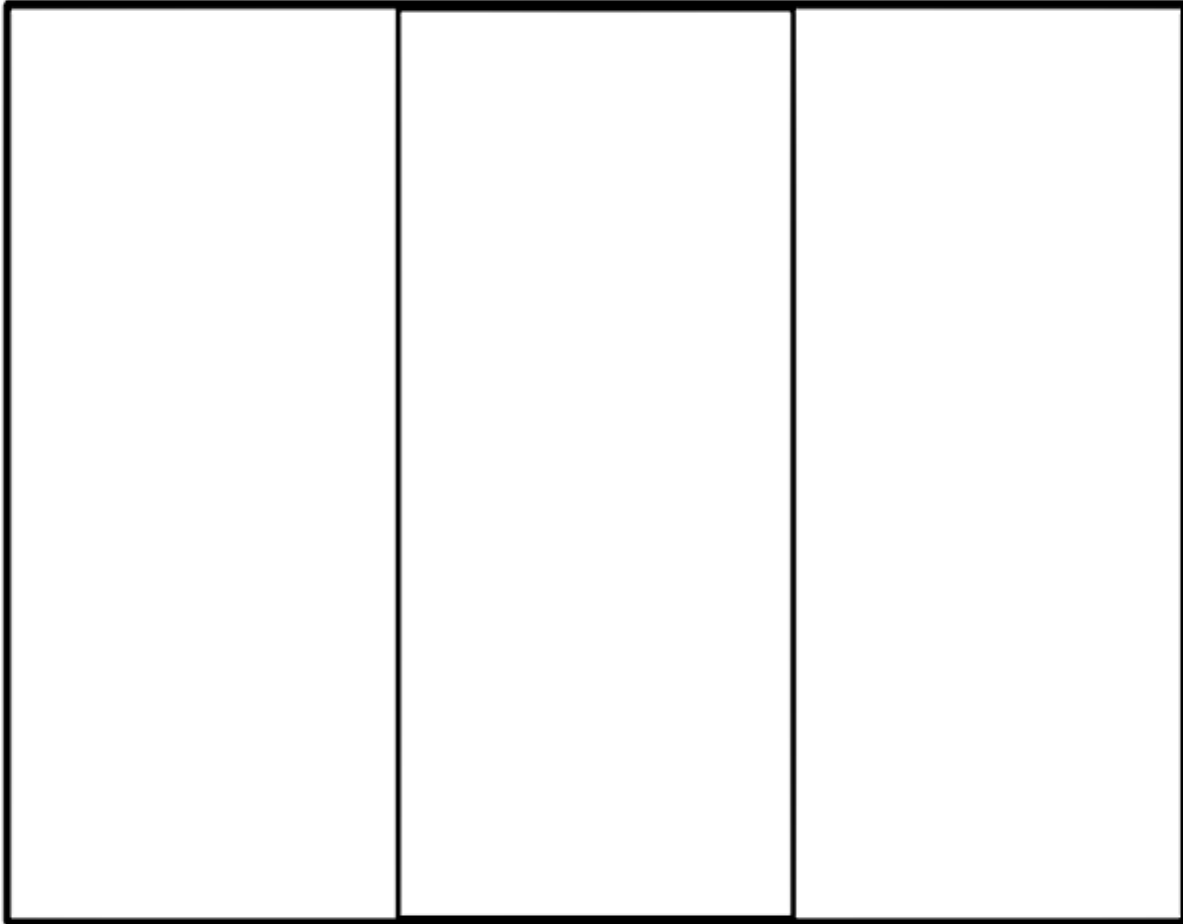
NALU

SANGBAN

BOKE

GUINEA

flag & map



To color the flag of Guinea, use Crayola® Crayons, Colored Pencils or Markers. Color the left stripe red, the middle stripe yellow, and the right stripe green.

Did you know...?

Guinea is located in western Africa, between Guinea Bissau and Sierra Leone. Some of its agricultural products are rice, coffee beans, pineapples, cassava, and sweet potatoes.



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Create your own Djembe

Supplies Needed:

- 2 plastic, styrofoam, or paper cups
- scissors
- tape
- newspaper
- 1 cup flour
- 2 cups water
- paint
- paintbrush
- punching balloon
- rubberband

Before getting started, create a space large enough to build your drum and cover your workspace with extra newspaper to help make for easy cleanup!

Instructions

1. Mix the flour and water together in a dish to make your paper mache paste.
2. Tear your newspaper into strips.
3. Cut the bottoms out of your two cups and tape the bottoms together. Don't be afraid to ask an adult for help with this step!
4. One by one, take a strip of newspaper and run it through the paper mache paste so that it can stick to the cups. Repeat this step until the cups are completely covered with paper mache. You only need a thin layer of paste to hold all of this together. The less you use, the quicker it will dry.
5. Once the cups are dry, paint over the newspaper. If you have white paint available, paint a base layer of white and let dry. This will cover up the newsprint, and you can then paint on top with a color of your choice.
6. Once your paint has dried, take your punching balloon and cut it open. To do this, insert the scissors into the balloon opening and cut the balloon open so that you can hold it flat in one piece. Stretch the balloon over the top of the cup and wrap your rubberband around it at the rim of the cup to secure the balloon in place. Cut off the extra balloon that is hanging below the rubberband.



You've just built your own djembe drum!

Sources:

<https://thewordsearch.com/>

<https://www.crayola.com/free-coloring-pages/print/guinea-coloring-page/>

<http://artsmarts4kids.blogspot.com/2008/10/create-your-own-african-djembe-drum.html>

R	G	U	I	E	K	J	N	B	B	D	E	E	E
I	A	N	N	L	I	A	U	S	E	E	I	M	N
N	K	D	U	N	U	N	B	A	B	U	E	A	B
D	U	L	A	D	G	E	D	D	B	S	D	M	N
J	N	U	U	U	N	S	I	N	R	K	D	M	N
E	U	N	E	A	B	D	D	N	I	K	R	U	B
G	K	A	N	E	E	B	A	L	E	U	B	R	N
U	T	I	E	E	O	D	N	N	B	K	A	D	L
I	N	E	A	I	E	J	E	G	C	D	N	E	E
N	N	A	R	T	U	E	E	L	D	E	B	E	K
E	U	D	N	D	E	M	T	N	N	N	B	K	K
A	I	I	E	A	T	B	E	N	U	E	B	O	N
U	S	K	B	N	M	E	E	G	L	N	C	B	A
B	S	A	N	G	B	A	N	E	E	N	A	L	U





Benu Ausar Philadelphia is a traditional West African band led by **Saantis Fenmu Davis**, a local music educator and performer who specializes in traditional West African music as well as other global percussion styles. Having trained in New York under legendary percussionists, Saantis has since returned to his hometown of Philadelphia where he shares his drumming and global rhythms expertise to help inspire people throughout the city. “I believe music is the way to unify people,” says Saantis, who most recently has been performing with his traditional African band, Benu Ausar. When he isn’t performing with Benu Ausar, Saantis teaches and performs with other groups like Philly Reggae Band, Arrastao do Dende, Bad Kitty, and Funk Logic, among others. In addition to his role as a recording artist, Saantis is also a music teacher in the Philadelphia’s school system, working with the youth to educate them on percussion instruments from around the world.

Performance link