

Ilke Alexander
World Village lesson plan

NAMPAYA OMAME

CHILDREN'S SONG FROM THE ZULU CULTURE IN SOUTH AFRICA
AS TAUGHT BY ILKE ALEXANDER FOR THE ORFF WORLD VILLAGE IN FINLAND (2016)

NAM-PA-YA O-MA-ME BE-THWEL'-IM - I-THWA-LO. NCI-NCI-BO NCI-NCI-BO

4
HERE ARE THE MO-THERS NCI-NCI-BO NCI-NCI-BO HERE ARE THE MO-THERS

7
SA-BO-NA () SA-BO-NA () SA-BO-NA () SA-BO-NA ()

Nampaya omame!
Bethwel' imithwalo.

Ncinci bo, ncinci bo, here are the mothers!

Sabona (examples from the group) x4

*Here are the mothers!
They carry parcels.*

We are happy, here are the mothers!

We saw (examples from the group)

This is a song I heard from the Ladysmith Black Mambazo album *Gift of the Tortoise* (1994). It interested me because the words include one of the 3 main click sounds in the isiZulu language. I wanted to create a lesson that encourages non-isiZulu speakers to explore the usage of their mouths and tongues in a different way to what they may be used to, through music and play.

A circle-passing game (using beanbags, caxixis or cups) is used to create a sense of pulse and rhythm, as well as encourage creativity from the class.

Source:

<https://itunes.apple.com/us/album/gift-of-the-tortoise/id681432>